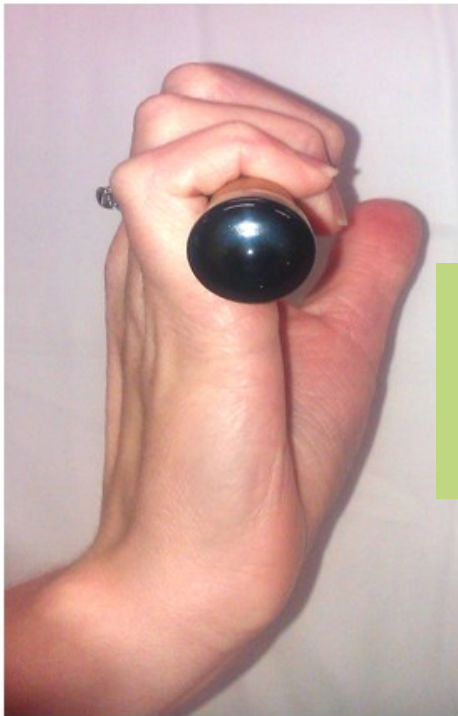


# Dowel Finger Exercises

## Hand Therapy



**Using a marker pen, or dowel.**



1. Hook the tips of your fingers around a marker pen or dowel.
2. Ensure you keep the knuckles straight and only bend at the top two joints.
3. Hold as required.

1. Bend at the knuckles squeezing all your fingers in a fist position around the marker pen or dowel.
2. Be careful not to roll the dowel with the tips of your fingers. It should be one smooth movement.
3. Hold as required.

Please complete		Times a day
Holding each position		Seconds
Repeat		Times

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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