

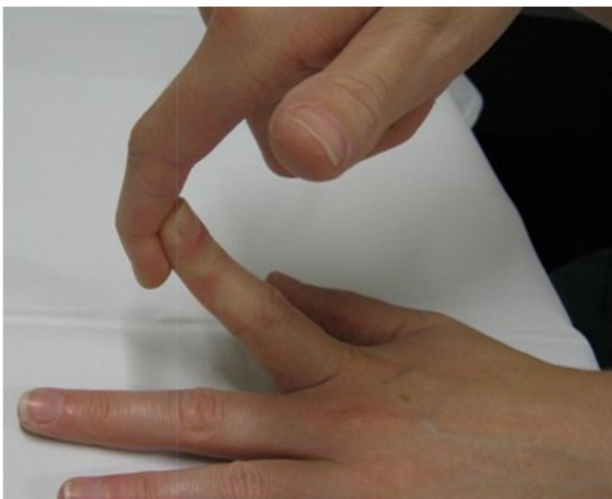
# Passive Finger Extension Hand Therapy



- Place your palm flat on the tabletop.
- Apply gentle pressure, pushing down either side of the affected joint with your other hand and hold.



- Bend at the big joints and keep the rest of your fingers straight.
- While doing this pinch a tabletop.
- Apply gentle pressure on top with your other hand to give a stretch.



- Place your palm flat on the tabletop.
- Lift one finger up at a time, holding when you feel a stretch.

## 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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Please complete		Times a day
Holding each position		Seconds
Repeat		Times

**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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 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

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 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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