



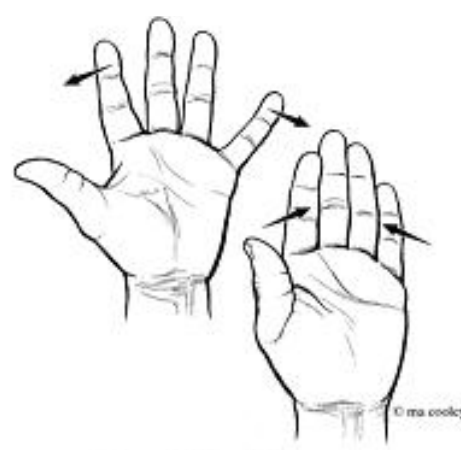


Hand 'Six-Pack' Exercises

This is a set of exercises intended to keep the ligaments, capsule and tendons of your fingers moving normally. You can perform these exercises whilst your wrist is immobilised in a splint or a cast.

Do not be disappointed if you cannot complete the exercises at first - it can be difficult in the early stages, particularly due to swelling. It is important that you persist as best you can, in fact, keeping your fingers moving is one of the best ways to reduce post-injury and post-operative swelling.

Each exercise should be repeated 10 times. Try to complete the full set at least 4-5 times per day.

Hand Six-Pack			
1. Straighten Fingers and Thumb 	2. Knuckle Bend with Straight Fingers 	3. Karate Chop (90/90 Position) 	4. Closed Fist 
5. Open & Close Fingers 		6. Touch Thumb to Fingertip (Finish at Palmar Crease) 