

## Hand exercise with a clothes peg

Patient information leaflet

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

1. Hold the peg between your thumb and tip of index finger.  
Tuck your other fingers into your palm and squeeze.



Repeat this exercise  times, every

2. Hold the peg in your palm, along the length of thumb and  
against index finger and squeeze.



Repeat this exercise  times, every

If you are struggling with any of the exercises or have any  
concerns, ring the following number: 0151 430 1237.

Or you can ask to speak to a physiotherapist when you come  
back to clinic.

**Therapist:**