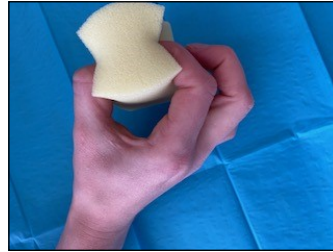


7. Place the block between thumb and index finger.

Squeeze together.



Repeat this exercise times, every

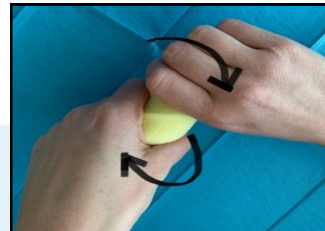
8. Place the block between thumb and index finger like a key.

Squeeze together keeping your thumb straight.



Repeat this exercise times, every

9. Hold the block in both hands and twist it.



Repeat this exercise times, every

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Warrington Road,
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Hand exercise with foam blocks

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/formatach.

Elbow Exercises

1. Place the foam block in your hand.

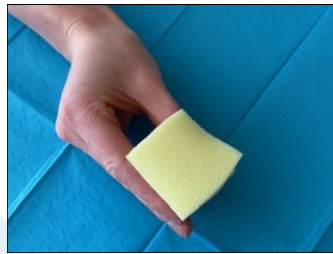
Squeeze the block with your fingers and thumb to make a fist.



Repeat this exercise times, every

2. Place the foam block on a surface.

Keep your fingers and thumb straight and squeeze the block.



Repeat this exercise times, every

3. Place the foam block on a surface.

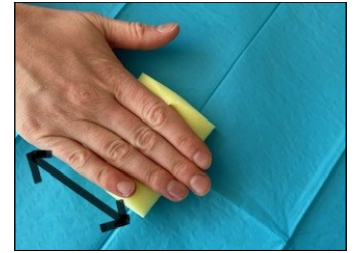
Use only your finger tips to squeeze the block.



Repeat this exercise times, every

4. Place the foam block on a surface and your hand flat on top of it.

Roll the block underneath your hand.



Repeat this exercise times, every

5. Place the foam block between two of your fingers.

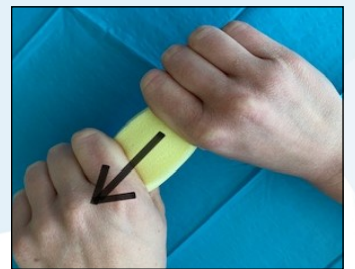
Squeeze together.



Repeat this exercise times, every

6. Hold the block in one hand.

Use your other hand to pull away the block and use your strength to resist this.



Repeat this exercise times, every