

# JOHN LANT & PARTNERS

OSTEOPATHS

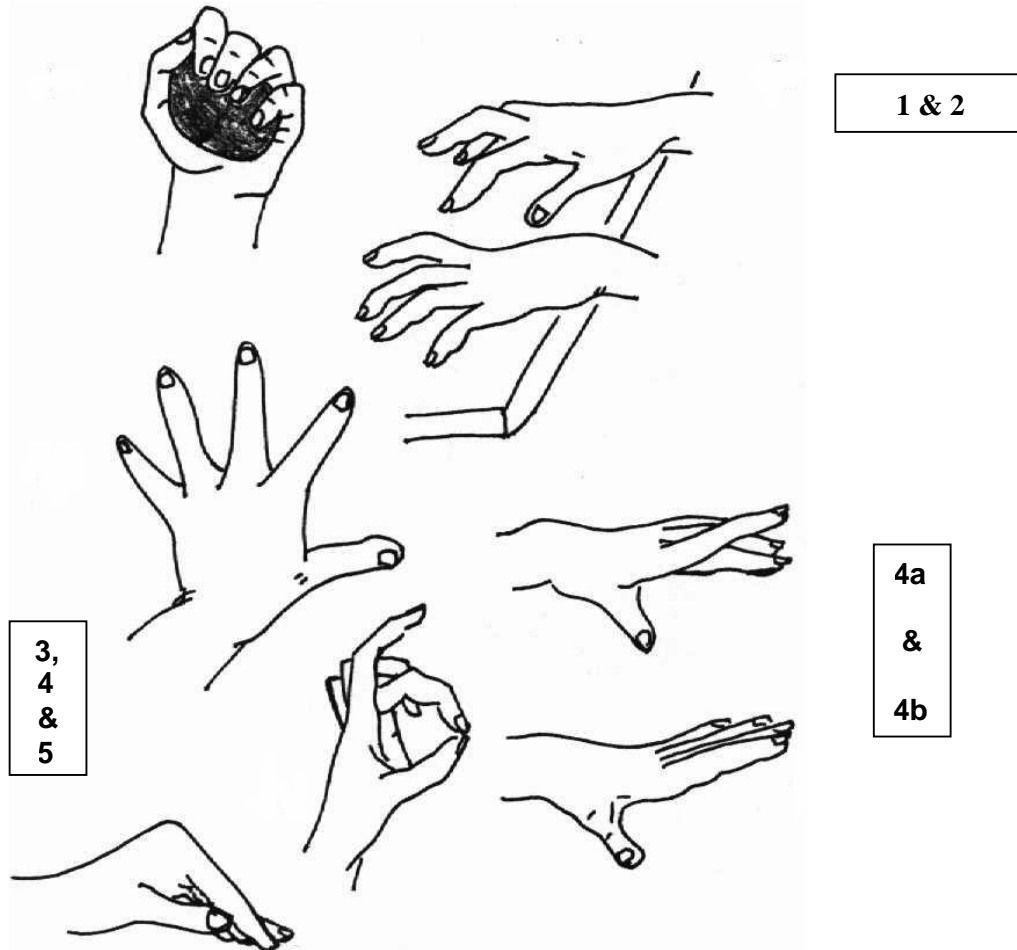
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## Advice Sheet AS20: Exercises for the Hands and Fingers

### Exercises and care of the Hands and Fingers



1. Make a clenched fist whilst squeezing a ball of wool.

2. Strum on a table as if you were playing the piano.

3. With your palms flat on a table, spread fingers apart and bring them together again.

4a. With your palms flat on a table, lift your fingers separately off the table so extending each finger.

4b. Then lift all fingers together, extending all the finger tips backwards.

5. Touch each finger tip with the tip of your thumb.

6. Bend your fingers at the knuckle joints at the same time straighten the finger joints.