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## Finger Sprain: Rehab Exercises

### Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

### How to do the exercises

#### Finger extension

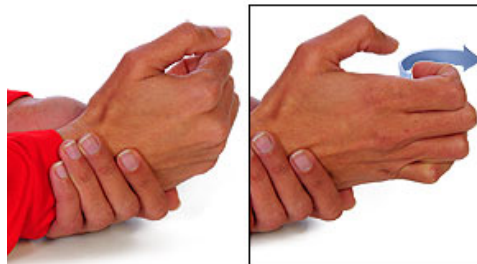


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1. Place your hand flat on a table, palm down.
2. Lift and then lower your affected finger off the table.
3. Repeat 8 to 12 times.

#### MP extension



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1. Place your good hand on a table, palm up. Put your hand with the affected finger on top of your good hand with your fingers wrapped around the thumb of your good hand like you are making a fist.
2. Slowly uncurl the joints of your hand with the affected finger where your fingers connect to your hand so that only the top two joints of your fingers are bent. Your fingers will look like a hook.
3. Move back to your starting position, with your fingers wrapped around your good thumb.
4. Repeat 8 to 12 times.

## DIP flexion



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1. With your good hand, grasp your affected finger. Your thumb will be on the top side of your finger just below the joint that is closest to your fingernail.
2. Slowly bend your affected finger only at the joint closest to your fingernail. Hold for about 6 seconds.
3. Repeat 8 to 12 times.

## PIP extension (with MP extension)



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1. Place your good hand on a table, palm up. Put your hand with the affected finger on top of your good hand.
2. Use the thumb and fingers of your good hand to grasp below the middle joint of your affected finger.
3. Bend and then straighten the last two joints of your affected finger.
4. Repeat 8 to 12 times.

## Isolated PIP flexion



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1. Place the hand with the affected finger flat on a table, palm up. With your other hand, press down on the fingers that are not affected. Your affected finger will be free to move.
2. Slowly bend your affected finger. Hold for about 6 seconds. Then straighten your finger.
3. Repeat 8 to 12 times.

## Imaginary ball squeeze



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1. Pretend to hold an imaginary ball.
2. Slowly bend your fingers around the imaginary ball, and squeeze the "ball" for about 6 seconds. Then slowly straighten your fingers to release the "ball."
3. Repeat 8 to 12 times.

## Tendon glides



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1. In this exercise, the steps follow one another to make a continuous movement.
2. Hold your hand upward. Your fingers and thumb will be pointing straight up. Your wrist should be relaxed, following the line of your fingers and thumb.
3. Curl your fingers so that the top two joints in them are bent, and your fingers wrap down. Your fingertips should touch or be near the base of your fingers. Your fingers will look like a hook.
4. Make a fist by bending your knuckles. Your thumb can gently rest against your index (pointing) finger.
5. Unwind your fingers slightly so that your fingertips can touch the base of your palm. Your thumb can rest against your index finger.
6. Move back to your starting position, with your fingers and thumb pointing up.
7. Repeat the series of motions 8 to 12 times.

## Towel squeeze



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1. Place a small towel roll on a table.
2. With your palm facing down, grab the towel and squeeze it for about 6 seconds. Then slowly straighten your fingers to release the towel.
3. Repeat 8 to 12 times.

## Towel grab



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1. Fold a small towel in half, and lay it flat on a table.
2. Put your hand flat on the towel, palm down. Grab the towel, and scrunch it toward you until your hand is in a fist.
3. Slowly straighten your fingers to push the towel back so it is flat on the table again.
4. Repeat 8 to 12 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor or nurse advice line (**811** in most provinces and territories) if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.