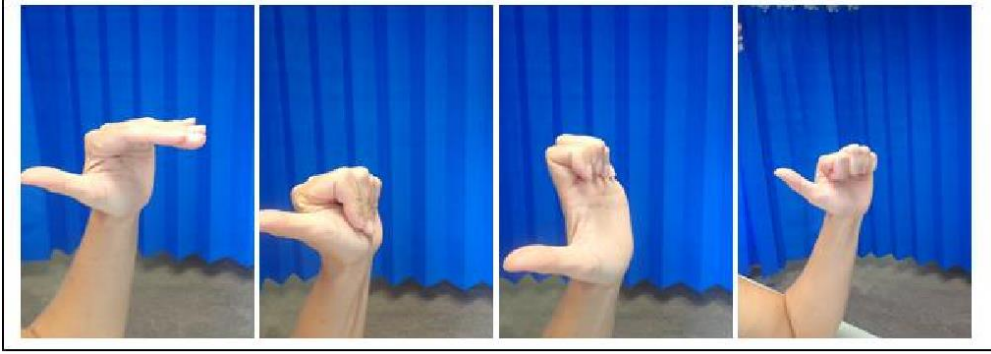


Finger and Hand Exercises:



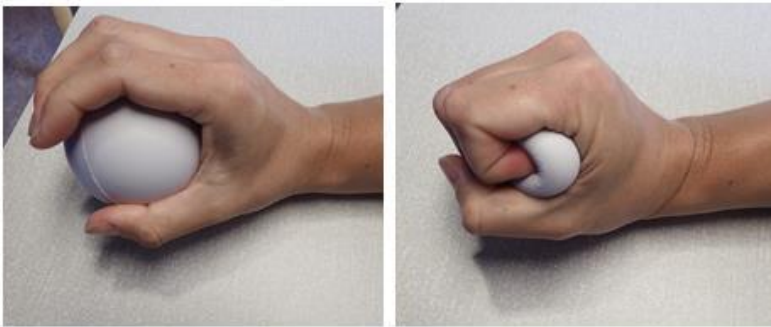
York Virtual Fracture Clinic Contact details:

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**Scarborough Trauma Assessment and
Treatment Unit (TATU):**

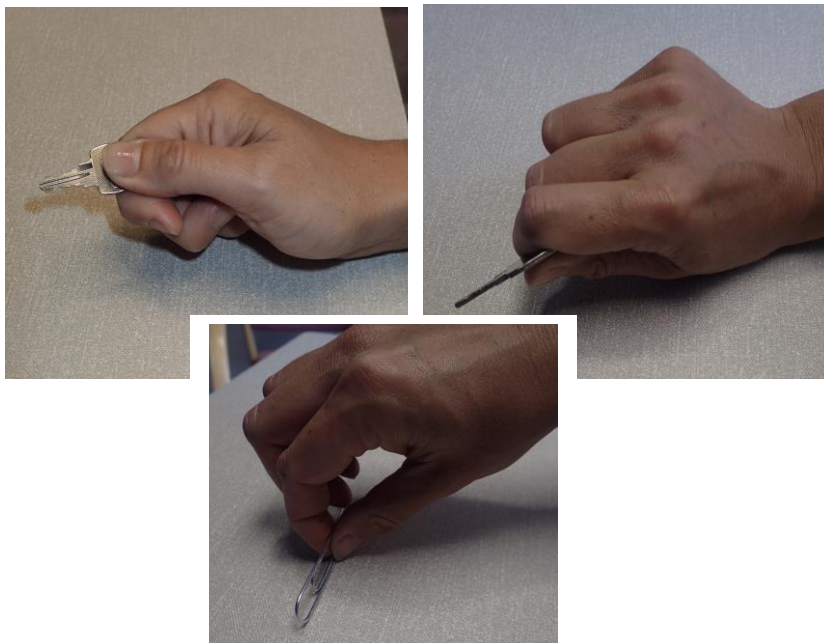
Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk



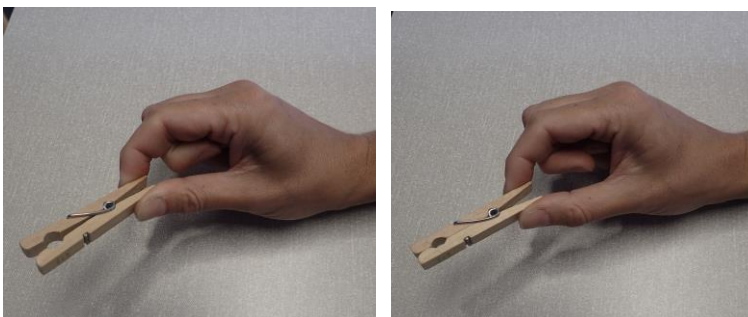
Squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30-60 seconds.



Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.

Practice your pinch grip; squeeze objects such as clothes pegs.



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