



## Autoimmune Resource and Research Centre

### Information Sheet

**Q. What can I do to prevent my fingers becoming stiff or flexed in one position?**

A. Below are some exercises to keep your hands supple:

1. Bend your fingers into the palm of your hand and make a fist. Stretch all your fingers out.
2. Stretch your fingers out, separate your fingers and then bring them together again.
3. Touch the tip of each finger in turn with your thumb and push then together, then stretch out.
4. Put your hands together, (as if in prayer), make a diamond shape keeping the wrists together and the finger tips together – just moving the knuckle joint.
5. Bend your thumb over to the base of your little finger.
6. Support your forearms on your thighs – palms facing the floor, raise your hand backwards from your wrist.
7. Regularly stretch the fingers on a flat surface such as a table top.
8. Repeat exercises several times a day.

Taken from Scleroderma - A Handbook for Patients by Anne H Mawdsley founder of The Raynaud's Association. Published by Raynaud's and Scleroderma Association

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For more information education and support contact the Autoimmune Resource and Research Centre (ARRC) (02) 49214095 [www.autoimmune.org.au](http://www.autoimmune.org.au)

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