HAND AND WRIST Exercises

These exercises are designed to stretch and strengthen your hands and wrists. Before beginning an exercise, read through all its instructions. While exercising, breathe normally. If you feel any pain, stop the exercise. If pain persists, inform your healthcare provider.

❑ PRAYER STRETCH

1 Sit or stand with your elbows out and palms together at chest level.

2 Press your palms together and slowly lower your wrists until you feel a stretch. Hold for _____ seconds. Relax.

3 Repeat _____ times. Do _____ sets a day.

CAUTION

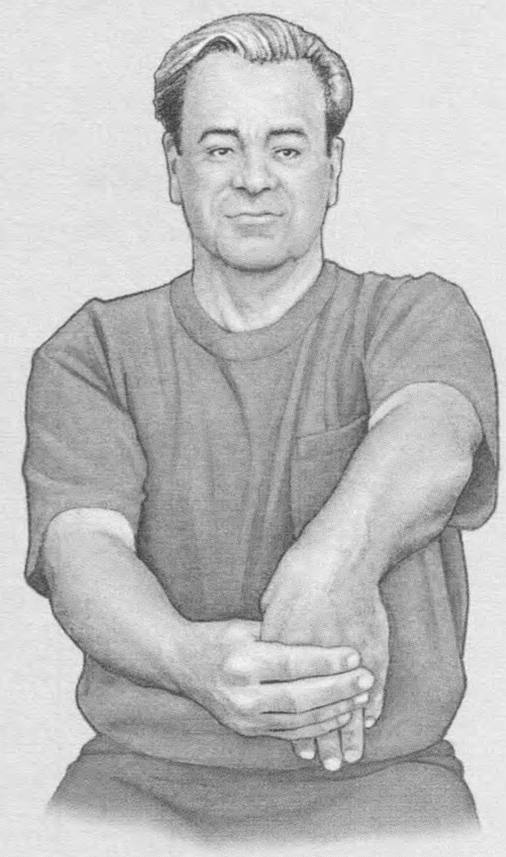
- Keep your arms close to your body.

❑ WRIST FLEXION

1 Hold your _____ hand in front of you with your palm down and elbow bent.

2 Grasp the back of that hand with your other hand. Pull back so your fingers point down as you straighten your arm. Feel a stretch in your forearm and wrist. Hold for _____ seconds. Then relax.

3 Repeat _____ times. Do _____ sets a day.



CAUTION

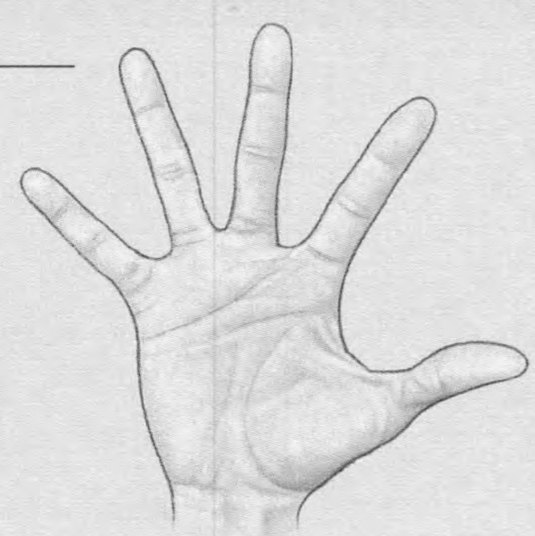
- Keep your arms in front of your body.

❑ FINGER GRIP AND RELEASE

1 With your _____ hand, make a tight fist. (Or you can grasp a sponge or ball.) Hold for _____ seconds. Then relax.

2 Spread your fingers as far apart as possible. Hold for _____ seconds. Then relax.

3 Repeat _____ times. Do _____ sets a day.



CAUTION

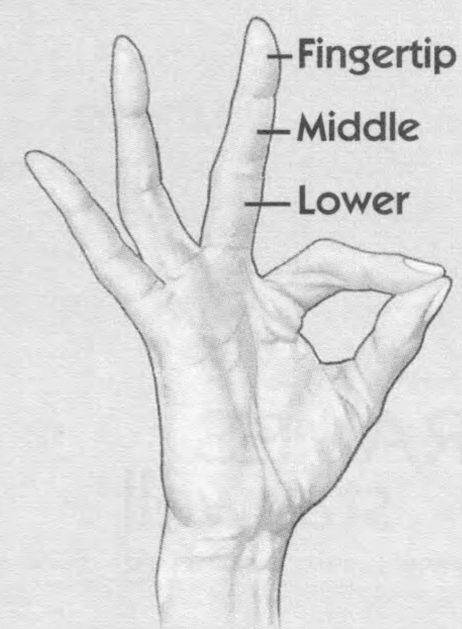
- Keep your wrist straight.

❑ PINCHING

1 Slowly but firmly press your _____ thumb to each of the fingertips on that hand.

2 Next, press your thumb to the middle part of each finger, then to the lower part of each finger.

3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Keep your wrist straight.