



Hand and Wrist Home Exercise Program

Do the exercises checked: do each exercise _____ times each; _____ times daily.

Hand

1. Close all fingers and thumb into a tight fist and open wide.
2. With palm flat on a table, spread fingers apart and bring together.
3. Pull knotted towel through fingers.
4. Squeeze small rubber sponge, ball or wet washcloth.
5. Wash dishes.
6. Wring out wet clothes.
7. Grip small dowel rod and have someone pull away from you. (push against you?)
8. Crumple a sheet of newspaper into a small ball with hand.
9. Make an “O” by touching thumb to fingertips one at a time.
10. Pick up small objects, such as beads, using the smallest size possible.
11. With palm flat on a table or book, with fingers over the edge, raise and lower fingers one at a time.
12. Flip paper balls or small beads with fingers.
13. To stretch fingers out straight, stand and place palm on table with fingers as straight as possible, then apply pressure.
14. Palms together, push against fingers of affected hand with fingers of good hand.
15. Piano or typewriter exercises improve strength and function.

Wrist

1. Hand resting on little finger on table (hand perpendicular to table), bend wrist forward and backward.
2. Hand over edge of table with forearm resting on table, raise and lower hand slowly. To improve muscle strength, gradually hold more weight in hand while doing the above exercise.
3. Hand resting on table with palm, bend hand out and in.
4. Forearm on table with hand over edge, circle wrist.
5. Stand facing a table. Rest affected hand palm-side down on table. Hold other hand firmly on top of affected hand. Raise elbow and forearm of affected arm slowly.
6. Turn a door handle with someone holding the handle on the other side for resistance.
7. Holding rod or pole, turn wrist, keeping elbow still.