Finger and Hand Home Exercise Program

Finger Extension
1. Place your hand palm up on a flat surface.
2. Slowly straighten your fingers towards the table.
4. Repeat ________ times.

Finger Lift
1. Place your hand palm down with fingers straight on a flat surface.
2. Lift your affected finger(s) up and off the table, keeping the finger straight.
4. Repeat ________ times.

Finger Extension Exercises
1. Place your hand palm down on a flat surface.
2. Lift your fingers up off the surface keeping them straight.
4. Repeat ________ times.

Thumb Spread
1. Spread your thumb away from your hand.
3. Bring your thumb back to touch your palm.
4. Repeat ________ times.

Opposition
1. Touch your thumb to the tip of your little finger.
3. Now touch your thumb to your ring finger and hold for a count of 3.
4. Continue with other fingers in the same way.
5. Repeat ________ times.

**Thumb Rotation**

1. Gently move your thumb in a slow circle.
3. Reverse the direction of the circle.
5. Repeat ________ times in each direction.

**Thumb Joint Motion**

1. Hold the base of your thumb with your other hand.
2. Gently bend the first joint toward your palm.
4. Repeat ________ times.

**Thumb Joint Tip Motion**

1. Hold your thumb so that the first knuckle does not bend (as shown).
2. Gently bend the tip of your thumb.
4. Straighten your thumb.
5. Repeat ________ times.

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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.