

Home Exercise Program for Arthritis Patients

1. Squeezing sponge in warm water

- Fill sink or large dishpan with warm water (95-105 degrees) or to comfortable temperature. Submerge hand with arm resting on side of pan.
- Straighten fingers and spread as much as possible, and then squeeze a large sponge, bending all finger joints around the sponge.
- While squeezing the sponge, try to raise (extend) the wrist, and then allow the wrist to relax and drop down as the fingers relax and stretch out again.

Good for wrist and finger strength, movement and proper grasp.

Do this for _____ minutes with each hand.
Do _____ times per week.

2. Rolling pin, pastry roller, bottle rolling

- Spread a large bath towel on a table.
- Place palms on center of roller or bottle, with fingers extended.
- Push rolling pin or bottle across the towel, rolling it straight away from the body, extending elbows as much as possible.
Roll back toward body.
- Sit tall and do **not** rock body back and forth with motion.

Good for finger straightening (extension), wrist movement and elbow motion.

Do this for _____ minutes.
Do _____ times per week.

3. Crumpling tissue

- Using one hand, palm facing down and arm resting on a table, crumple a sheet of tissue into a ball, then spread tissue back out and flat.

Good for strengthening, finger straightening (extension), and bending (flexion).

Do this for _____ minutes with each hand.
Do _____ times per week.

4. Finger walking

- Stand or sit facing a wall about two feet away.
- With index and middle fingers, “walk” fingers upward as high as possible while standing or sitting.

Good for shoulder motion.

Do this for _____ minutes with each arm/hand.
Do _____ times per week.

5. Theraputty

- Roll theraputty (or play dough) on a clean table with palms down and fingers extended.
- Make long coils.

Good for finger strengthening and movement.

Do this for _____ minutes.
Do _____ times per week.