

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 health care 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 10 seconds. Relax.
- 3 Repeat 3 times. Do 2 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 10 seconds. Then relax.
- 3 Repeat 3 times. Do 2 sets a day.

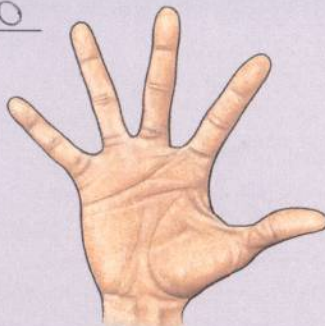


CAUTION

- 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 10 seconds. Then relax.
- 2 Spread your fingers as far apart as possible. Hold for 10 seconds. Then relax.
- 3 Repeat 3 times. Do 2 sets a day.

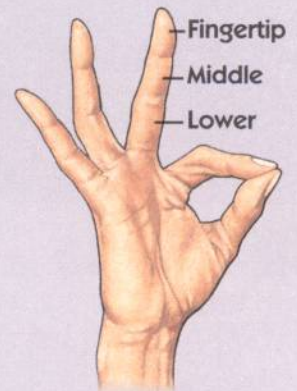


CAUTION

- 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 3 times. Do 2 sets a day.



CAUTION

- Keep your wrist straight.

☐ WRIST CURLS

- 1 Sit, grasping a ____-pound weight or soup can in your ____ hand. Place your wrist, palm up, over the end of your knee.
- 2 Keeping your forearm and elbow on your thigh, lift the weight as high as possible, then lower to starting position.
- 3 Repeat 3 times.
Do 2 sets a day.

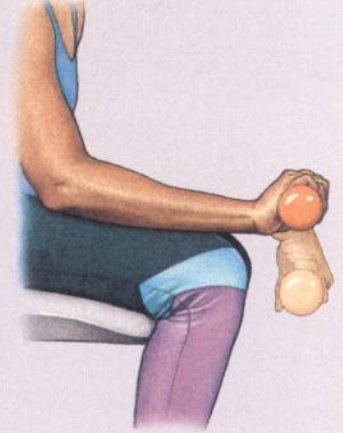


CAUTION

- Keep your back straight.

☐ WRIST REVERSE CURLS

- 1 Sit, grasping a ____-pound weight or soup can in your ____ hand. Place your wrist, palm down, over the end of your knee.
- 2 Keeping your forearm and elbow on your thigh, lift the weight as high as possible, then lower to starting position.
- 3 Repeat 3 times.
Do 2 sets a day.

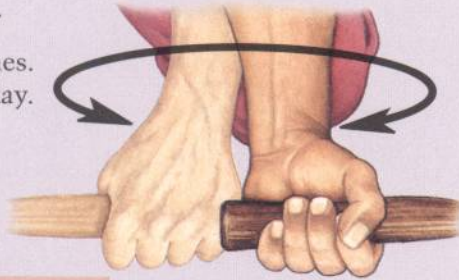


CAUTION

- Keep your back straight.

☐ FOREARM ROLL

- 1 Grasp a hammer or hand weight in your ____ hand. Place your wrist, palm down, over the end of your knee.
- 2 Keeping your forearm against your thigh, rotate your hand until your palm is up. Hold for 10 seconds. Then return to starting position.
- 3 Repeat 3 times.
Do 2 sets a day.

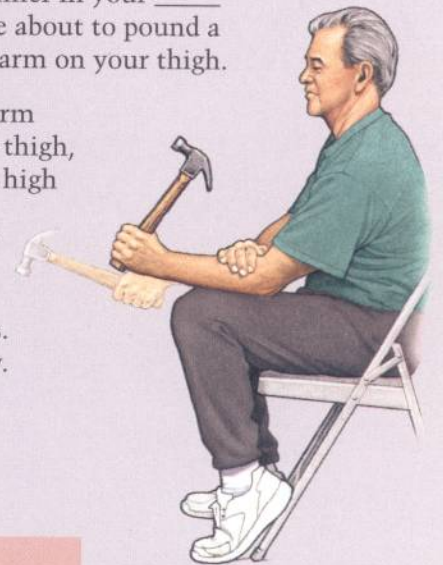


CAUTION

- Don't lift your forearm or elbow off your thigh.

☐ HAMMER EXERCISE

- 1 Sit, grasping a hammer in your ____ hand as if you were about to pound a nail. Rest that forearm on your thigh.
- 2 Keeping your forearm and elbow on your thigh, lift the hammer as high as you can. Then lower the hammer as far as you can.
- 3 Repeat 3 times.
Do 2 sets a day.



CAUTION

- Use a slow, steady motion.

