ACTIVE HAND EXERCISES — ILLUSTRATED

Rest your hand comfortably on a table while doing the following exercises. All exercises should be done slowly and smoothly. Maintain the desired position for three to five seconds before relaxing.

GRASP EXERCISES

1. Make a fist, being sure each joint is bending as much as possible. *(Fig. 1A)* Relax and then straighten fingers as much as possible. *(Fig. 1B)* Relax and repeat.

2. Make an "O" by touching thumb and fingertips one at a time. Open hand wide after touching each finger. *(Fig. 2)*

3. With your opposite hand, hold the affected finger at the middle section just below the end joint. Bend and straighten fingertip at the end joint only. *(Fig. 3)* Repeat for each finger individually.

4. With your opposite hand, hold the affected finger at ring level. Bend and straighten finger at middle joint only. *(Fig. 4)* Repeat for each finger individually.

FINGER EXERCISES

1. With the palm flat on a table, raise and lower the fingers one by one. *(Fig. 1)*

2. Rest the hand on a table with palm down. Spread the fingers wide apart and bring them together. *(Fig. 2)*

3. Rest hand on a table with the palm down.
   a. Move each finger toward the thumb starting with the index finger. *(Fig. 3)*
   b. Move each finger away from the thumb, beginning with the little finger. *(Fig. 4)*