

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.



(Fig. 1A)



(Fig. 1B)



(Fig. 2)



(Fig. 3)



(Fig. 4)

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)*



(Fig. 1)



(Fig. 2)



(Fig. 3)



(Fig. 4)