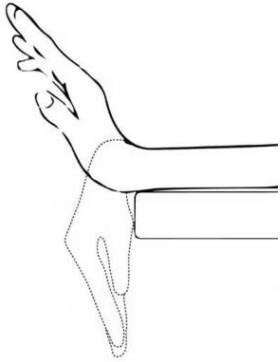


Hand Physical Therapy Exercises

(Some basic exercises to increase range of motion, mobility, and functionality. Some people may require outpatient personalized physical therapy services.)

Do each exercise for about 1 minute. Try to repeat a few times a day. Be gentle, try not to overdo it.

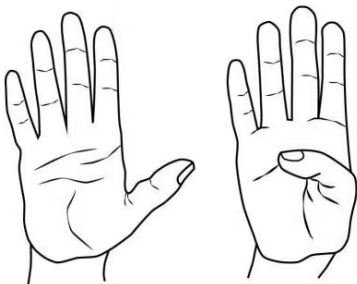
Wrist Extension and Flexion



Start with your forearm on a table for this gentle hand dexterity exercise. Let your hand hang off the side of the table with your palm down. Then, move your hand up and down, bending at your wrist. At the end of each movement, add some pressure from your other hand to extend the stretch at the limit of your range of motion as tolerated. This will lengthen your muscles.

Feeling tightness in your muscles as you try to lengthen them is okay, but it should not be painful. When you're done, repeat with your palm facing up. Lengthening those forearm muscles and tendons with some added pressure is okay.

Thumb Extension and Flexion



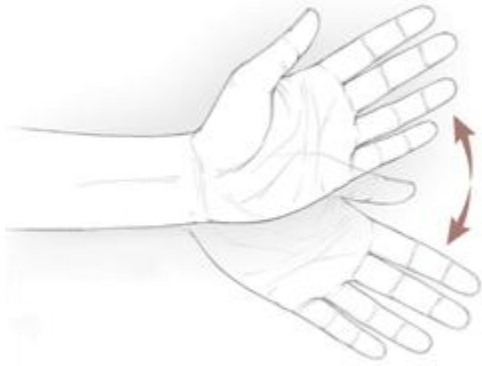
For another gentle exercise, start with your palm open, as if you were signaling the number 5. Then, practice moving your thumb over to your little finger, signaling the number 4. Continue to move your thumb back and forth between these 2 positions. As mentioned above, this can be done passively by your opposite hand moving your thumb.

Wrist Supination/Pronation



- Stand or sit with your arm at your side with the elbow bent to 90 degrees, palm facing down.
- Rotate your forearm, so that your palm faces up and then down.

Wrist Ulnar/Radial Deviation



- Support your forearm on a table on a rolled-up towel for padding or on your knee, thumb upward.
- Move the wrist up and down through its full range of motion.

Using a Therapy Ball



POWER GRIP



PINCH



THUMB EXTENSION

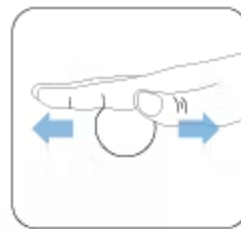


TABLE ROLL



FINGER FLEXION



THUMB ROLL



FINGER SQUEEZE



THUMB OPPOSITION

Links for more information and videos:

