

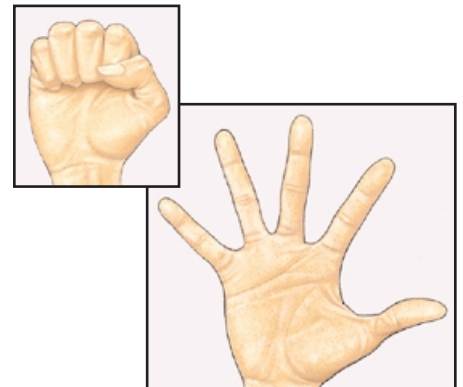


Hand and Wrist Exercises

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.

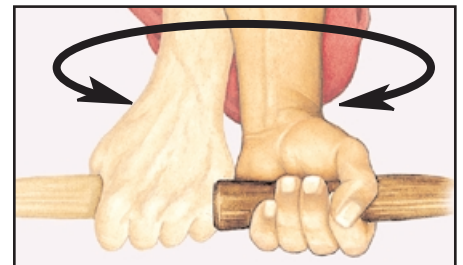
Finger Grip and Release

- With your _____ hand, make a tight fist. (Or you can grasp a sponge or ball.) Hold for _____ seconds. Then relax.
- Spread your fingers as far apart as possible. Hold for _____ seconds. Then relax.
- Repeat _____ times. Do _____ sets a day.



Forearm Roll

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



Wrist Flexion

- Hold your _____ hand in front of you with your palm down and elbow bent.
- 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 _____ seconds. Then relax.
- Repeat _____ times. Do _____ sets a day.



Notes