

Active Hand Exercises

To do at home

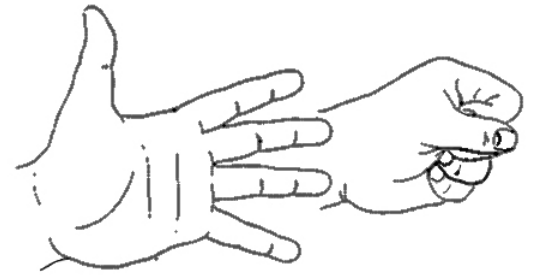
This handout gives step-by-step instructions for 7 active hand exercises. These are exercises you can do at home.

For each exercise:

- **Do _____ repetitions (reps) _____ times every day.**
- Rest your arm easily on a table.
- Do the exercise slowly and smoothly.
- Hold each position for 3 seconds before relaxing.

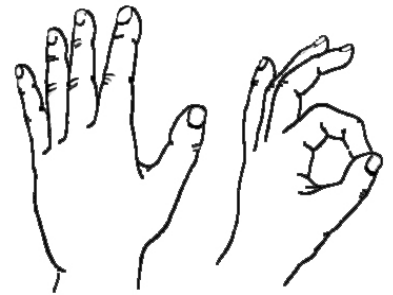
Exercise #1

1. Make a fist. Bend each joint as much as you can.
2. Relax and then straighten your fingers as much as you can.
3. Relax and repeat.



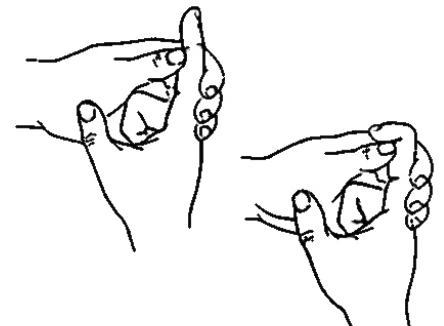
Exercise #2

1. Make the letter “O” by touching your thumb to each of your fingertips, one at a time.
2. Open your hand wide after making each “O.”
3. Relax and repeat.



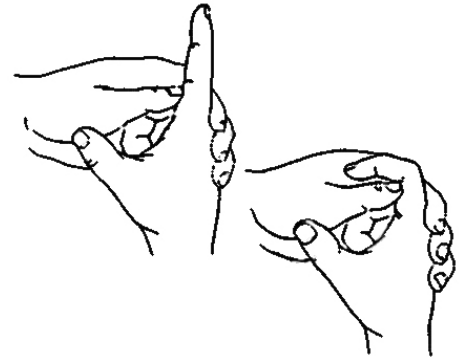
Exercise #3

1. With your unaffected hand, grasp and stabilize your affected finger at the middle section, just below the end joint.
2. Bend and straighten ONLY the end joint of the affected finger.
3. Repeat for each finger.



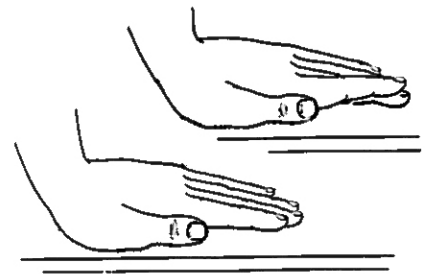
Exercise #4

1. With your unaffected hand, hold and stabilize your affected finger at the ring level.
2. Bend and straighten **only** the middle joint of that finger.
3. Repeat for each finger.



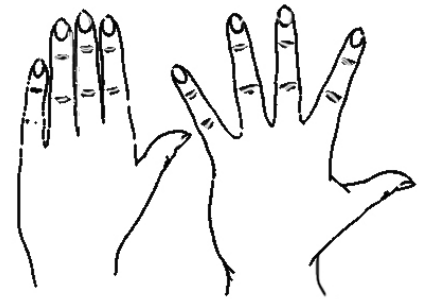
Exercise #5

1. Rest your hand on a table, with your palm down.
2. Raise and lower each finger, one at a time.



Exercise #6

1. Rest your hand on a table, with your palm down.
2. Spread your fingers wide apart. Then bring them together.
3. Relax and repeat.



Exercise #7

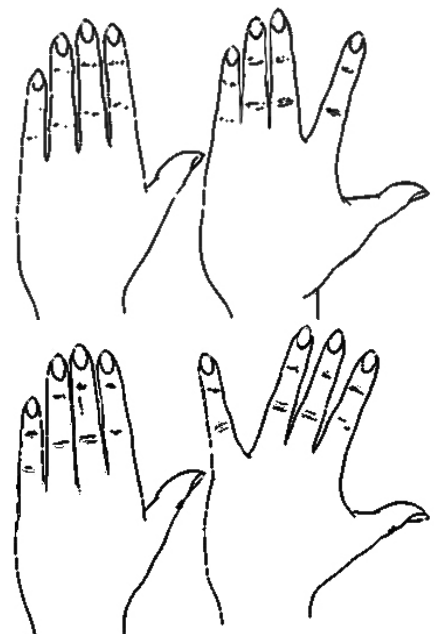
For both parts of this exercise, rest your hand on a table, with your palm down.

Part 1:

1. Starting with your *index* (pointing) finger, move each finger, one at a time, toward your thumb.
2. Relax and repeat.

Part 2:

3. Starting with your little finger, move each finger, one at a time, away from your thumb.
4. Relax and repeat.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Occupational Therapy: 206.598.4830