



Active Hand Exercises

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

Do each exercise:

___ times

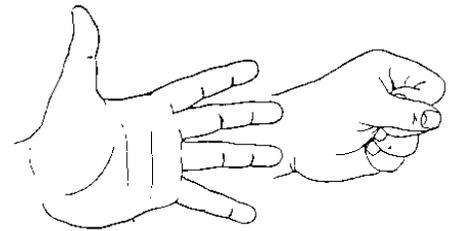
___ times every day

To do these exercises:

- Rest your arm comfortably on a table.
- Do each exercise slowly and smoothly.
- Hold each position for 3 seconds before relaxing.

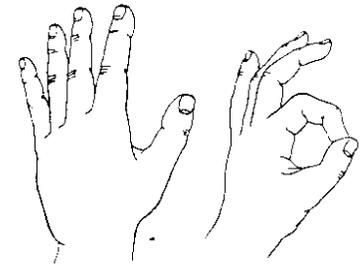
Exercise #1

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



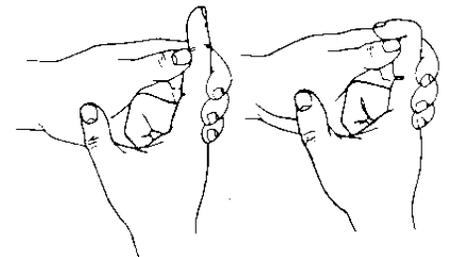
Exercise #2

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.



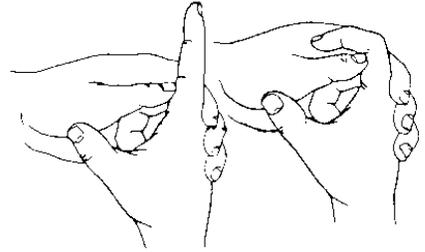
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:
206-598-4830

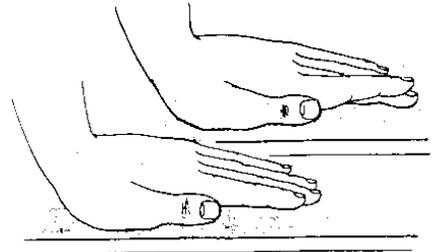
Exercise #4

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



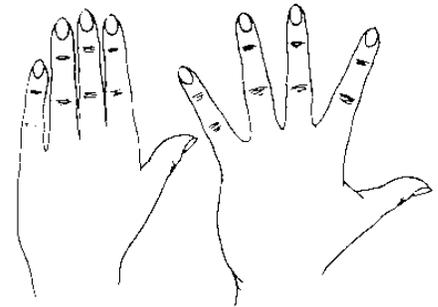
Exercise #5

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



Exercise #6

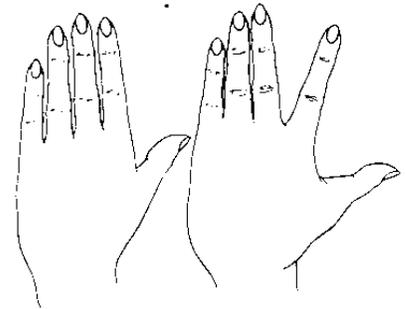
1. Rest your hand on a table with your palm down.
2. Spread your fingers wide apart. Then bring them together.
3. Relax and repeat.



Exercise #7

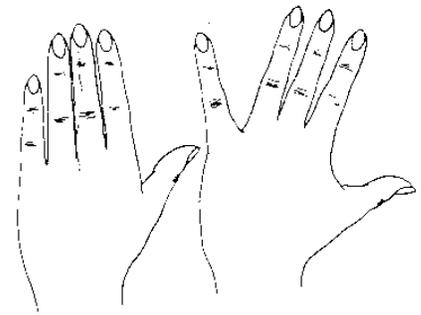
Part 1:

1. Rest your hand on a table with your palm down.
2. Starting with your *index* (pointing) finger, move each finger toward your thumb.
3. Relax and repeat.



Part 2:

4. Starting with your little finger, move each finger away from your thumb.
5. Relax and repeat.



UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Occupational Therapy

Box 356490

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830

© University of Washington Medical Center
Published/Clinician Review: 11/2011

Reprints on Health Online: <http://healthonline.washington.edu>