This handout describes 6 exercises that will increase the function and coordination in your hands.

Do each exercise:

_____ times

_____ times every day

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**Exercise #1**
Make a “tabletop” with your fingers: Keep your wrist and the end and middle joints of your fingers straight. Only bend at the base joints (your knuckles).

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**Exercise #2**
Keep your base joints (knuckles) and wrist straight. Bend and then straighten the end and middle joints of your fingers.

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**Exercise #3**
1. Make a fist. Bend each joint as much as possible.
2. Straighten your fingers as much as possible.
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.

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Exercise #4
Make an “O” by touching your thumb to your fingertips, one at a time. Open your hand wide after making each “O.”

Exercise #5
Rest your hand on a flat surface, with your palm facing down. Spread your fingers wide apart, and then bring them together.

Exercise #6
Rest your hand on a flat surface, with your palm facing down. Raise and lower each finger, one at a time.