

Six Hand Exercises

“6-pack”

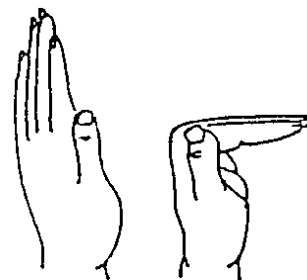
This handout describes 6 exercises that will improve your hand function and coordination.

Do each exercise:

- _____ times (repetitions)
- _____ times every day

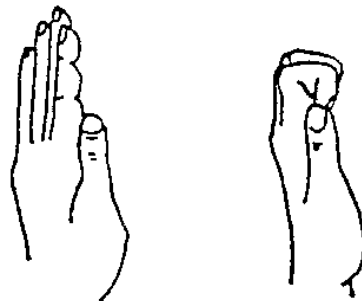
Exercise #1

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).



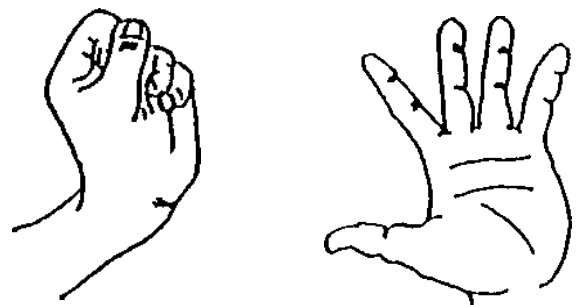
Exercise #2

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



Exercise #3

1. Make a fist. Bend each joint as much as possible.
2. Straighten your fingers as much as possible.



Step 1

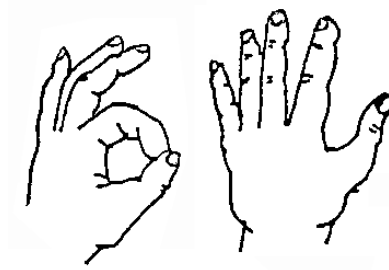
Step 2



Scan for a digital
copy of this handout.

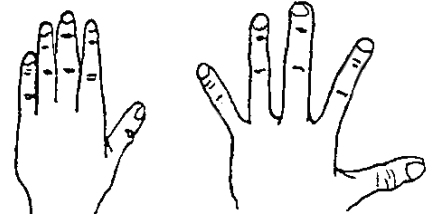
Exercise #4

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



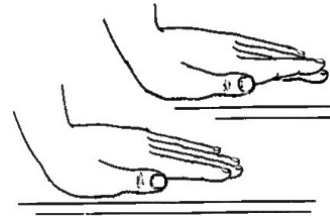
Exercise #5

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.



Questions?

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