

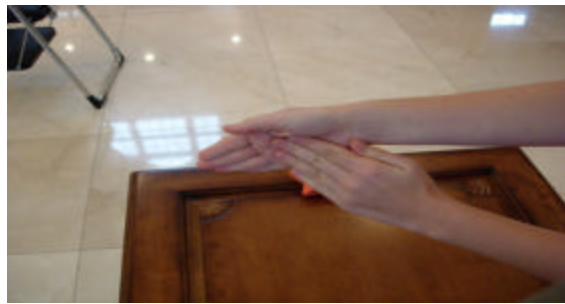
Wrist and Hand Exercises

Active Resistive Finger Extension



Apply light to moderate to maximal resistance as you extend fingers from middle knuckles.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Isometric Forearm Pronation



Resist downward rotation of hand with opposite hand.
Hold 10 seconds. Relax. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Active Resistive Wrist Flexion



With tubing wrapped around wrist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Isometric Forearm Supination



Resist upward rotation of palm with opposite hand.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Active Resistive Wrist Extension



With tubing wrapped around wrist and opposite secured under foot, bend wrist up (palm down) as far as possible. Lower

Active Resistive Finger Flexion



Apply light to moderate resistance with opposite hand as you curl fingers of involved

slowly, keeping forearm on thigh.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Forearm Supination



With involved hand in a handshake position, grasp and slowly turn to a palm up position til a stretch is felt.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

hand.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Resistive Wrist Extension



With involved forearm, resting palm down on thigh, resist upward movement of hand with opposite hand.

Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Forearm Pronation Stretch



With involved hand in a handshake position, grasp and slowly turn it to a palm down position until a stretch is felt.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Isometric Radial Deviation



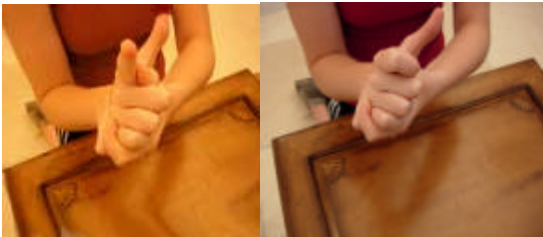
With involved forearm resting on thigh with thumb up, resist upward movement of the hand.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Isometric Wrist Flexion



With involved forearm resting palm up on thigh, resist upward movement of hand with opposite hand as shown.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Active PIP Flexion/Extension



Using fingers of opposite hand, pinch bottom knuckle to prevent bending. Bend the middle knuckles as far as you can.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Finger Flexion/Extension



Isometric Ulnar Deviation



With involved forearm resting on thigh with thumb up, resist downward movement of wrist with other hand.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Thumb Abduction/Adduction



Actively bend thumb out away from palm as far as you can. Hold 10 seconds. Then pull thumb back to touch fingers. Try not to bend fingers toward thumb.
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Finger Opposition



Actively bend fingers of involved hand and start with knuckles farthest from hand and slowly make a fist. Hold 10 seconds. Relax. Then straighten fingers out as far as you can. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Actively touch thumb to finger tip. Starting with index finger and proceed toward little finger. Move slowly at first, then begin to move rapidly as your motion and coordination improve. Be sure to touch each finger tip
Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Thumb Flexion/ Extension



Actively bend thumb across palm as far as you can. Hold 10 seconds. Relax. Then pull thumb back into "hitch hiking" position. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Finger DIP Joints



Using other hand, passively bend fingers at third row of knuckles until a stretch is felt. Hold 10 seconds. Relax. Straighten fingers as far as you can.

Wrist Flexion/Extension



Using other hand, grasp involved hand and slowly bend wrist until a stretch is felt. Relax. Then stretch as far as you can in the opposite direction. Be sure to keep elbow bent.

Thumb DIP Joint



Using other hand, passively bend thumb at knuckles as shown until a stretch is felt. Hold 10 seconds. Relax. Then straighten thumb out as far as you can. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Finger PIP Joints



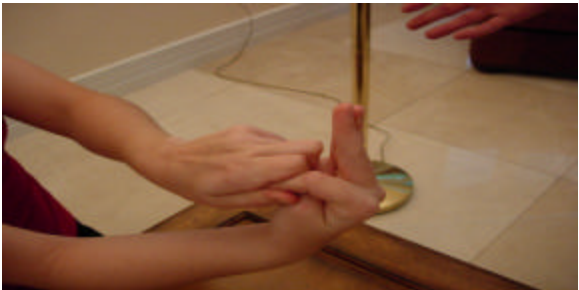
Using other hand, passively bend fingers at middle row of knuckles until a stretch is felt. Hold 10 seconds. Relax. Straighten fingers out as far as you can. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Thumb PIP Joint



Using other hand, passively bend thumb at knuckle as shown until a stretch is felt. Hold 10 seconds. Relax. Then straighten thumb out as far as you can. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Finger MP Joints



Using other hand, passively bend fingers at first row of knuckles until a stretch is felt. Hold 10 seconds. Relax. Straighten fingers out as far as you can. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.

Active DIP Flexion/Extension



Using fingers of opposite hand, pinch middle knuckle to prevent bending. Bend the end knuckle as far as you can. Hold 10 seconds. Hold 10 seconds. Repeat 5 to 15 times. Do 2 to 3 sessions per day.