

Physical Therapy Department

Home Exercises For Hands, Fingers & Wrist



Hand and Fingers

1. Attempt to make a fist.
2. Attempt to straighten all fingers, all joints.
3. Point with index finger only.
4. Point with little finger only, holding fingers bent with thumb.
5. Spread straightened fingers apart. Squeeze together keeping fingers straight.
6. Make large circles with thumb, stretching in all directions.
7. Stretch thumb out like "Hitchhiking" then touch back into palm of hand.
8. Touch each finger tip with thumb.
9. Touch bottom of little finger with the tip of the thumb.
10. Squeeze a soft object (i.e., nerf ball). Progress to firmer object as motion is desired.

Wrist

1. Bend hand down at wrist.
Pull hand up (back) at wrist.
2. With wrist in neutral position bend hand toward thumb side of hand. Bend hand toward little finger side of hand.
3. Fold hands together by interlocking fingers.
 - a. Attempt to make an imaginary circle with knuckles of fingers.
 - b. Bend wrists back and forth while at the same time keeping elbows still or in contact with body.
4. Lay palm of hand in lap, turn palm up – not allowing elbow to move away from body.
5. Place hand and forearm flat on table. Leaving palm and fingers on table raise elbow and forearm as far as possible from table. (You may need to stand for proper stretch.)

Do the above exercises as indicated by your therapist ____ times.

Exercise ____ times a day.

If you have problems call: _____
THERAPIST

No. _____