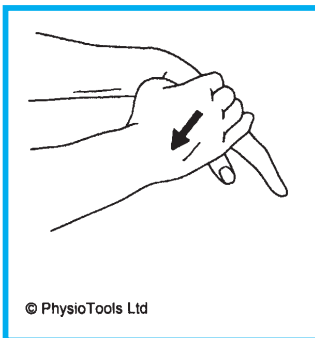


## Wrist and Hand Exercises

W1

Do these exercises **\_2\_** x day



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1. Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. Gently assist the movement with your other hand.

Hold **\_5\_** seconds Repeat **\_5\_** times

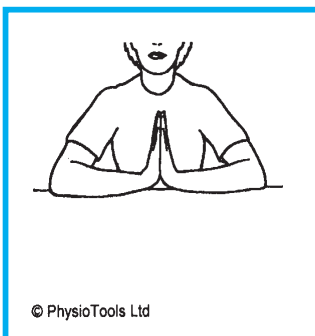


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2. Hold the fingers of the hand to be stretched.

Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight.

Hold **\_5\_** seconds Repeat **\_5\_** times

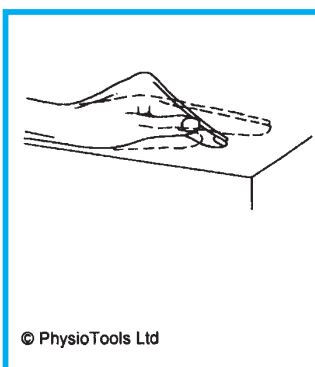


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3. Sit or stand. Forearms horizontally in front of you and palms together. Push palms together.

Hold **\_5\_** seconds

Repeat **\_5\_** times

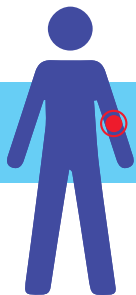


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4. Forearm supported on a table with palm facing down.

Bend your wrist and knuckles. Then straighten your wrist and knuckles.

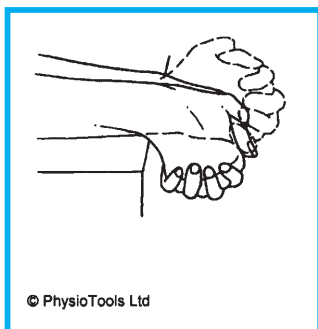
Repeat **\_5\_** times



## Wrist and Hand Exercises

W1

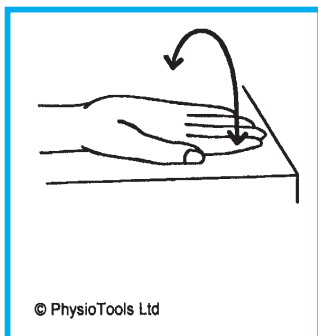
Do these exercises **\_2\_** x day



5. Clasp your hands together and support your forearms on a table with your hands over the edge.

Bend your wrists up and down.

Repeat **\_5\_** times.



6. Forearm on a table, palm turned down.

Alternately turn palm up and down keeping elbow still.

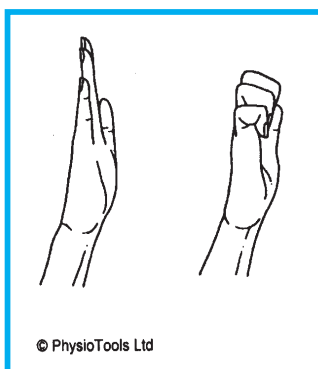
Repeat **\_5\_** times



7. Palm on a table.

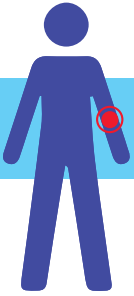
Spread fingers and bring them together.

Repeat **\_5\_** times



8. Fingers straight. Fingers hooked.

Repeat **\_5\_** times



## Wrist and Hand Exercises

W1

Do these exercises **\_2\_** x day



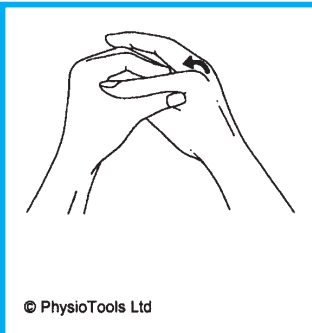
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9. Support below the finger joint to be exercised.

Bend the middle joint of the finger. Assist the movement with your other hand.

Hold **\_5\_** seconds

Repeat **\_5\_** times



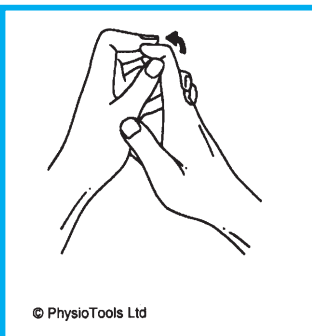
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10. Support below the finger joint to be exercised.

Bend your finger (knuckle). Assist the movement with your other hand.

Hold **\_5\_** seconds

Repeat **\_5\_** times



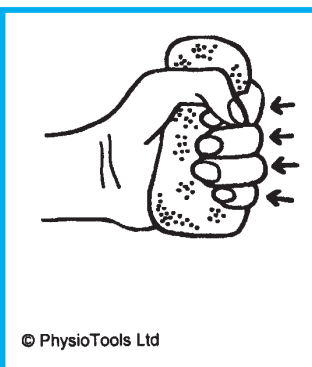
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11. Support below the finger joint to be exercised.

Bend your fingertip. Assist the movement with your other hand.

Hold **\_5\_** seconds

Repeat **\_5\_** times



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12. Support your forearm on the table.

Squeeze something soft e.g. a ball or a pair of socks. Then straighten your fingers as much as possible.

Repeat **\_10\_** times