

Hand Home Program

HAND - 8 AROM: Finger Flexion / Extension

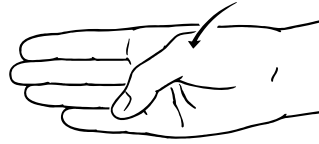
Actively bend fingers of ____ hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 20-30 seconds. Relax. Then straighten fingers as far as possible.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

HAND - 9 AROM: Thumb Flexion / Extension

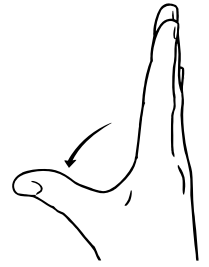
Actively bend ____ thumb across palm as far as possible. Hold 20-30 seconds. Relax. Then pull thumb back into hitchhike position.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

HAND - 10 AROM: Thumb Abduction / Adduction

Actively pull ____ thumb away from palm as far as possible. Hold 20-30 seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

HAND - 11 Finger Opposition

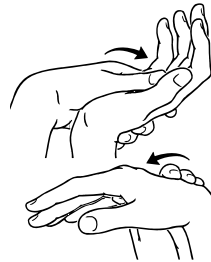
Actively touch ____ thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

HAND - 12 PROM: Wrist Flexion / Extension

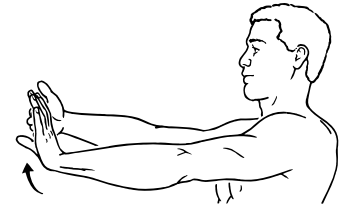
Grasp ____ hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

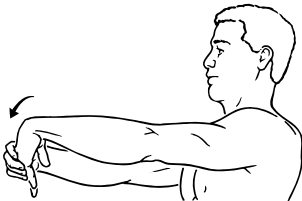
HAND - 13 Wrist Flexor Stretch

Keeping elbow straight, grasp ____ hand and slowly bend wrist back until stretch is felt. Hold 20-30 seconds. Relax. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.



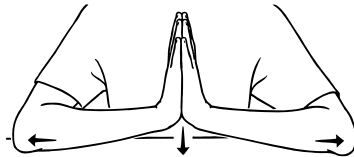
HAND - 14 Wrist Extensor Stretch

Keeping elbow straight, grasp ____ hand and slowly bend wrist forward until stretch is felt. Hold 20-30 seconds. Relax. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.



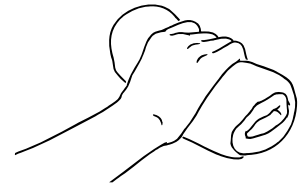
HAND - 16 Wrist Flexor Stretch

Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 20-30 seconds. Relax. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.



HAND - 47 Towel Roll Squeeze

With ____ forearm resting on surface, gently squeeze towel. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.



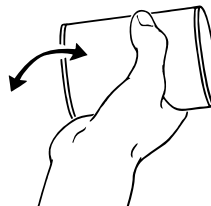
HAND - 44 Paper Crumpling Exercise

Begin with ____ palm down on piece of paper. Maintaining contact between surface and heel of hand, crumple paper into a ball. Repeat 8-12 times per set. Do 3 sets per session. Do 1-2 sessions per day.



HAND - 37 Forearm Supination / Pronation: Resisted

With 2-5 pound object in ____ hand, slowly turn palm up, then down. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.



HAND - 63 Wrist Flexion: Resisted

With ____ palm up, 2-5 pound weight in hand, bend wrist up. Return slowly. Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

