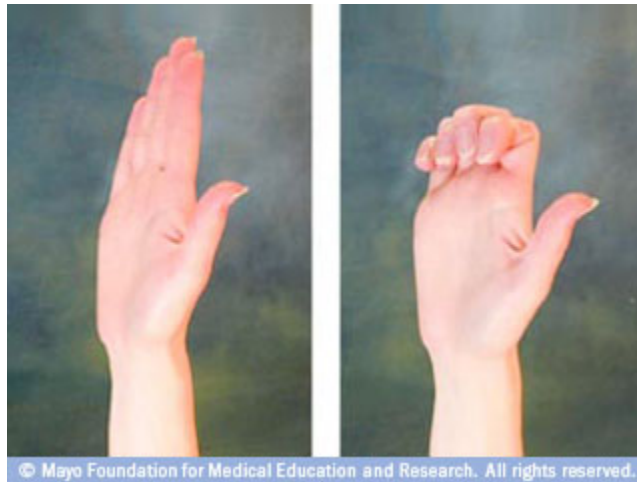


# Hand Exercises for People with Arthritis

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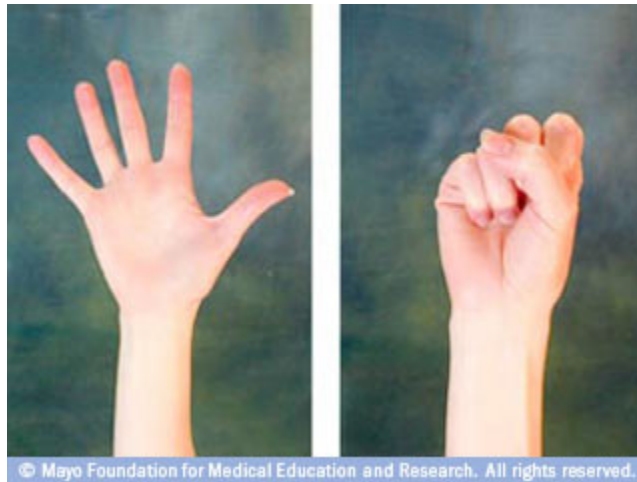
## Bend your fingers

Hand exercises may help improve muscle strength and joint range of motion in people who have arthritis. You can do hand exercises daily or, preferably, several times a day. You might find it helps to do hand exercises while soaking your hands in warm water. Know your limitations, though. Hand exercises shouldn't cause pain.

Start your hand exercises by relaxing your hand. Start with your fingers straight and close together. Bend the end and middle joints of your fingers. Keep your wrist and knuckles straight. Moving slowly and smoothly, return your hand to the starting position. Repeat with your other hand. If you can, perform multiple repetitions of this exercise on each hand.

# Hand Exercises for People with Arthritis

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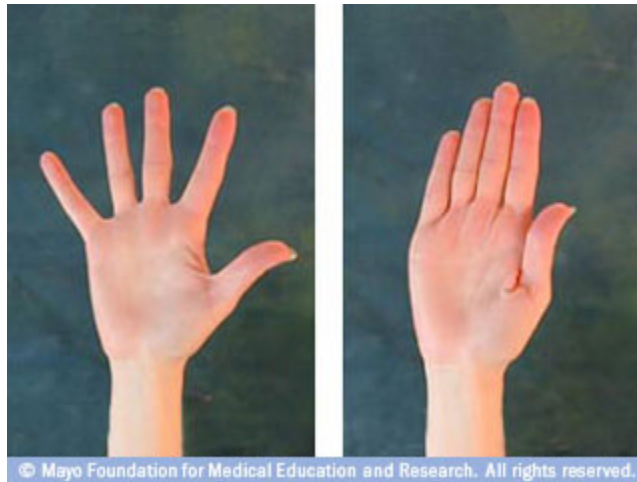


## Make a fist

Start with your fingers straight and spread apart. Make a loose, gentle fist and wrap your thumb around the outside of your fingers. Be careful not to squeeze your fingers together too tightly. Moving slowly and smoothly, return to the starting position. Repeat. Perform this exercise with both hands.

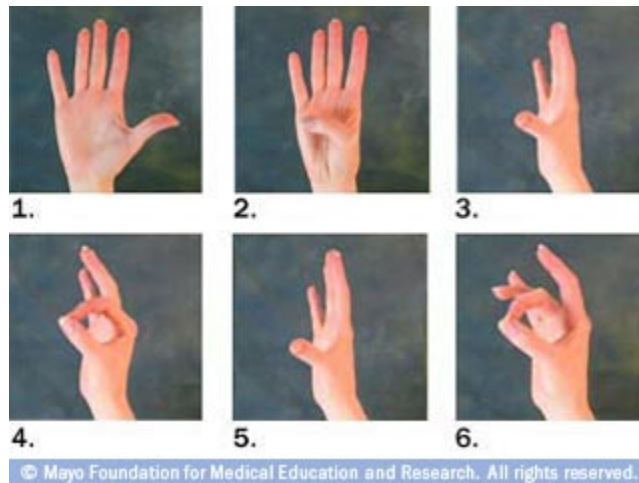
# Hand Exercises for People with Arthritis

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## Open your hand wide

Spread your fingers apart as wide as you can and hold that position. Slowly relax your fingers and bring them together. Return to the open-wide position. Repeat with each hand and gradually increase the number of repetitions.



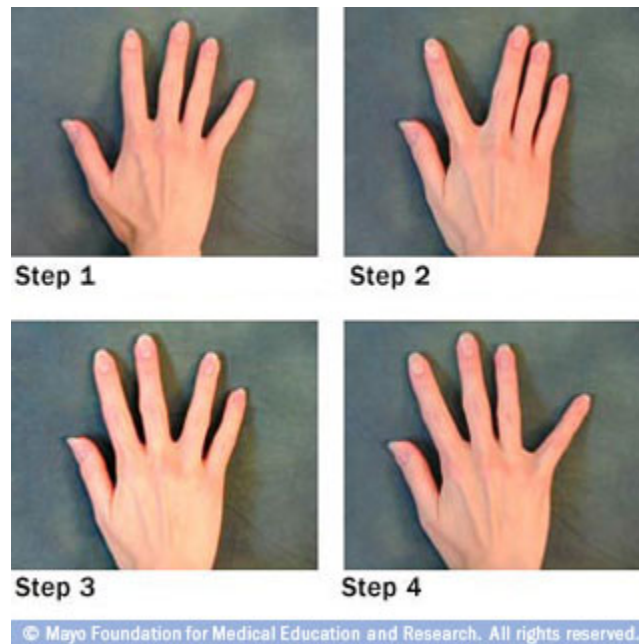
## Touch your fingertips

Straighten your fingers and thumb. Bend your thumb across your palm, touching the tip of your thumb to the pad of your hand just below your pinky finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to its starting position, as shown in image 3.

# Hand Exercises for People with Arthritis

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For the next exercise, form the letter O by touching your thumb to each fingertip, as shown in images 4 through 6. Moving slowly and smoothly, touch your index finger to your thumb, then straighten your fingers. Touch your middle finger to your thumb and straighten. Follow with your ring and pinky fingers. Repeat both exercises with your other hand.



## Walk your fingers

Rest your hand on a flat surface, such as a tabletop, with your palm facing down and your fingers spread slightly apart. Moving one finger at a time, slowly walk your fingers toward your thumb. Start by lifting and moving your index finger toward your thumb. Follow by lifting and moving your middle finger toward your thumb. Proceed with moving your ring finger and then your pinky finger toward your thumb. Don't move your wrist or thumb while doing this exercise. Repeat with your other hand.