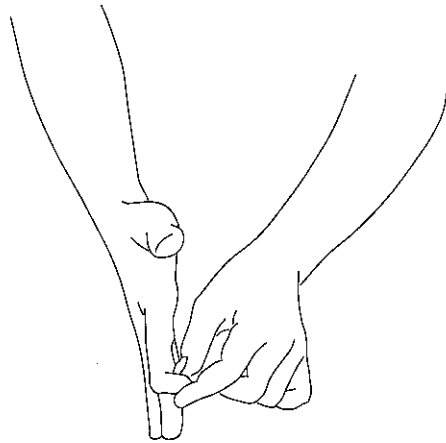


Hand—Hints

1. Don't lean on your hands if they are sore.
2. Your hands may feel better if they are warmed. Wearing gloves may help in warm as well as colder areas.
3. Avoid positions such as overextension of the fingers. This overstresses the joints in the hands.
4. Move your hands through their range of motion frequently throughout the day: pull gently on your fingers and gently stretch your joints.
5. Gently move and exercise your fingers throughout the day.
6. Spread your fingers apart and together as often as possible.
7. If your hands hurt, curtail activities that require their use.
8. If your hands feel stiff, soak them in warm water for 10–15 minutes 2–3 times a day. This may relieve the stress and can serve as a warm-up prior to exercise.
9. Shake out your hands gently if you're using them excessively.
10. If your hands hurt, massage them gently, or have someone massage them for you.
11. Don't carry excessively heavy items for longer than 5 minutes.
12. Don't keep your hands in the same position for longer than 30 minutes.
13. Avoid shaking hands with people who have a very firm handshake.

Hand—Exercise 1



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand above the small knuckle.

Exercise: Gently bend your finger above the small knuckle.

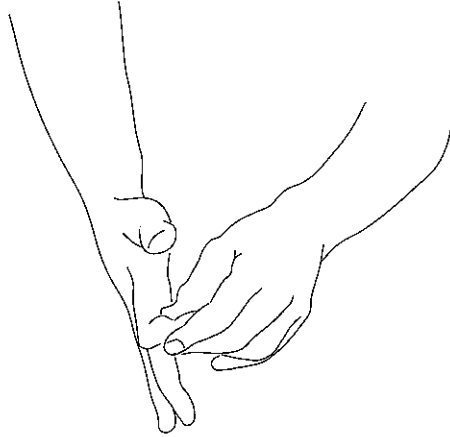
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 2



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp the index finger of involved hand above the medium knuckle.

Exercise: Gently bend your finger above the medium knuckle.

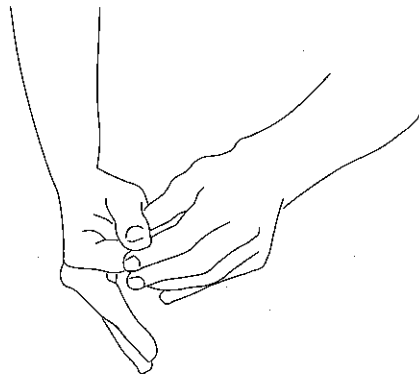
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 3



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp the index finger of involved hand above the large knuckle.

Exercise: Gently bend your finger above the large knuckle.

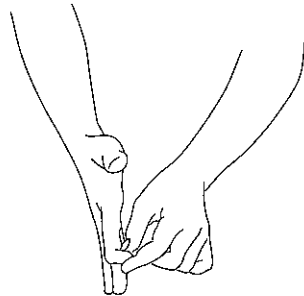
Hold _____ seconds.

Repeat _____ times.

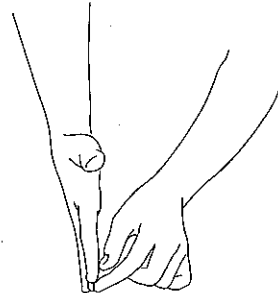
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 4



A



B

Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand above the small knuckle.

Exercise: Gently straighten your finger above the small knuckle.

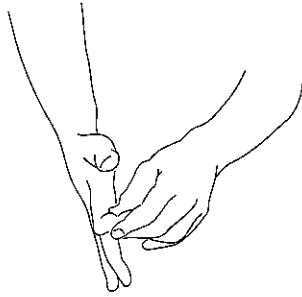
Hold _____ seconds.

Repeat _____ times.

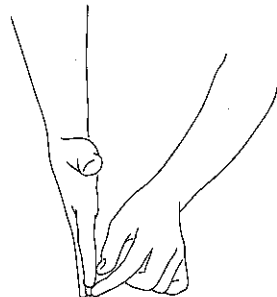
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 5



A



B

Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand above the medium knuckle.

Exercise: Gently straighten your finger above the medium knuckle.

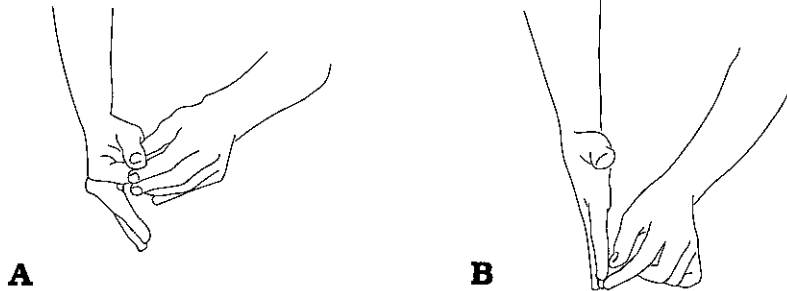
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 6



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand above the large knuckle.

Exercise: Gently straighten your finger above the large knuckle.

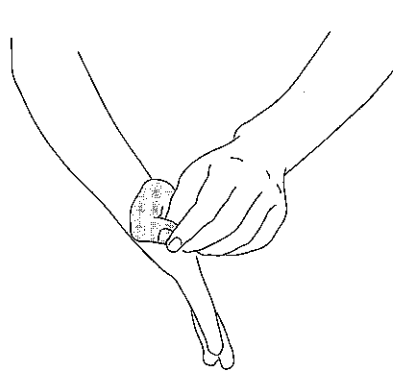
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 7



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp thumb of involved hand above the small knuckle.

Exercise: Gently bend your thumb above the small knuckle.

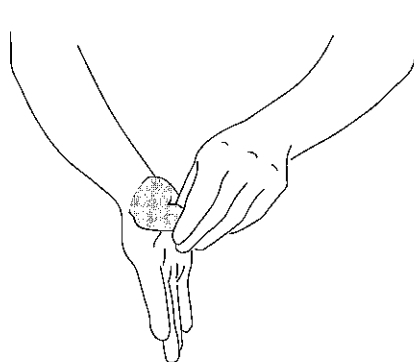
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 8



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp thumb of involved hand above the large knuckle.

Exercise: Gently bend your thumb above the large knuckle.

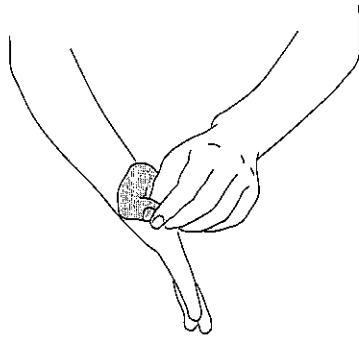
Hold _____ seconds.

Repeat _____ times.

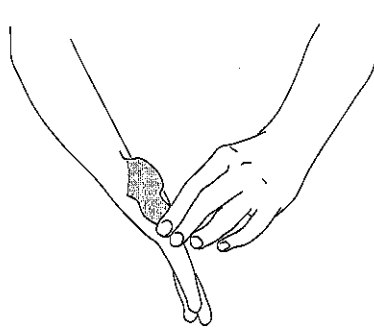
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 9



A



B

Patient Name: _____ **Date:** _____

Starting position: With the thumb and index finger of uninjured hand, grasp thumb of involved hand above the small knuckle.

Exercise: Gently straighten your thumb above the small knuckle.

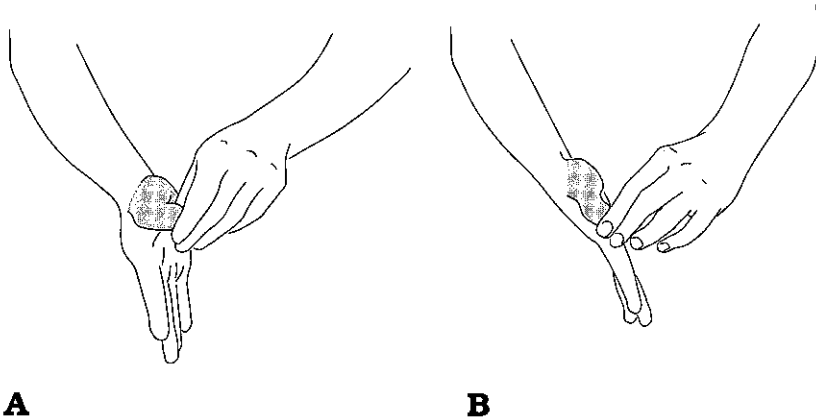
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 10



Patient Name: _____ **Date:** _____

Starting position: With the thumb and index finger of uninvolved hand, grasp thumb of involved hand above the large knuckle.

Exercise: Gently straighten your thumb above the large knuckle.

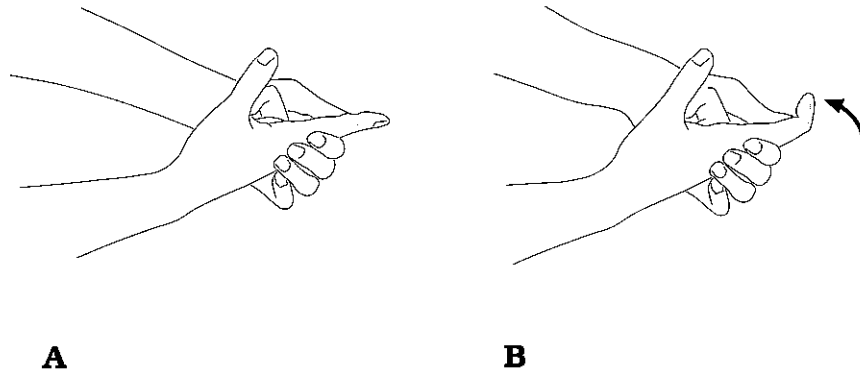
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 11



Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand below the small knuckle.

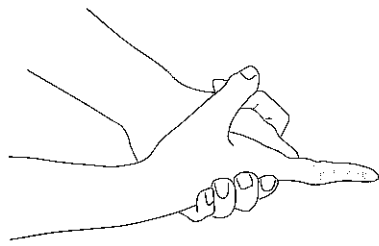
Exercise: Slowly bend your finger.

Repeat _____ times.

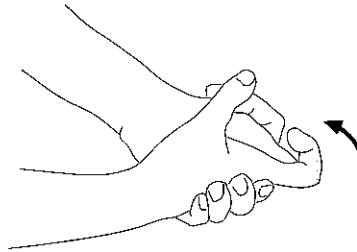
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 12



A



B

Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand below the medium knuckle.

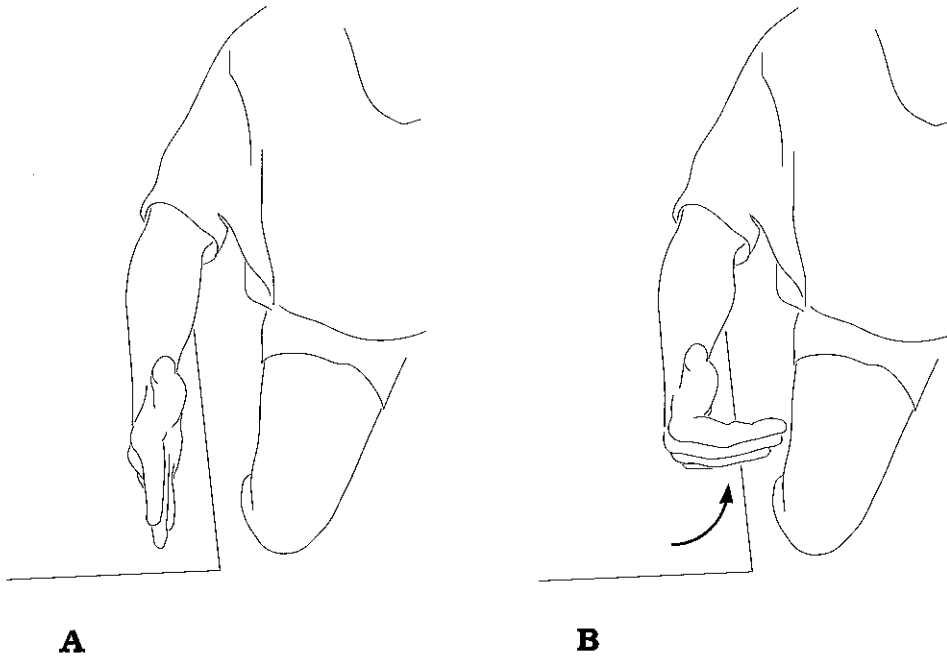
Exercise: Slowly bend your finger.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 13



Patient Name: _____ **Date:** _____

Starting position: Sitting. The side of your involved hand rests on a table and thumb points toward the ceiling.

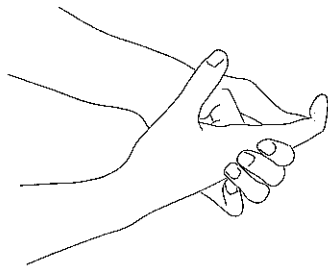
Exercise: Slowly bend all your fingers from the large knuckles.

Repeat _____ times.

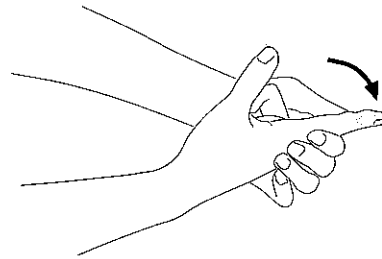
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 14



A



B

Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand below the small knuckle.

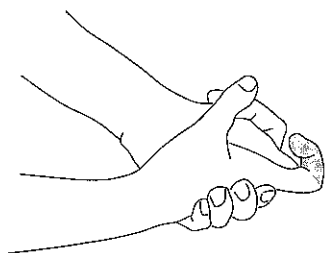
Exercise: Slowly straighten your finger.

Repeat _____ times.

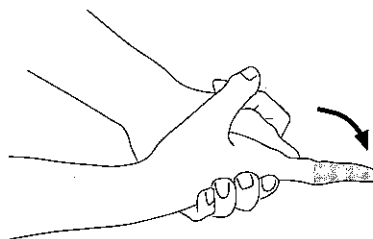
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 15



A



B

Patient Name: _____ **Date:** _____

Starting position: With thumb and index finger of uninvolved hand, grasp index finger of involved hand below the medium knuckle.

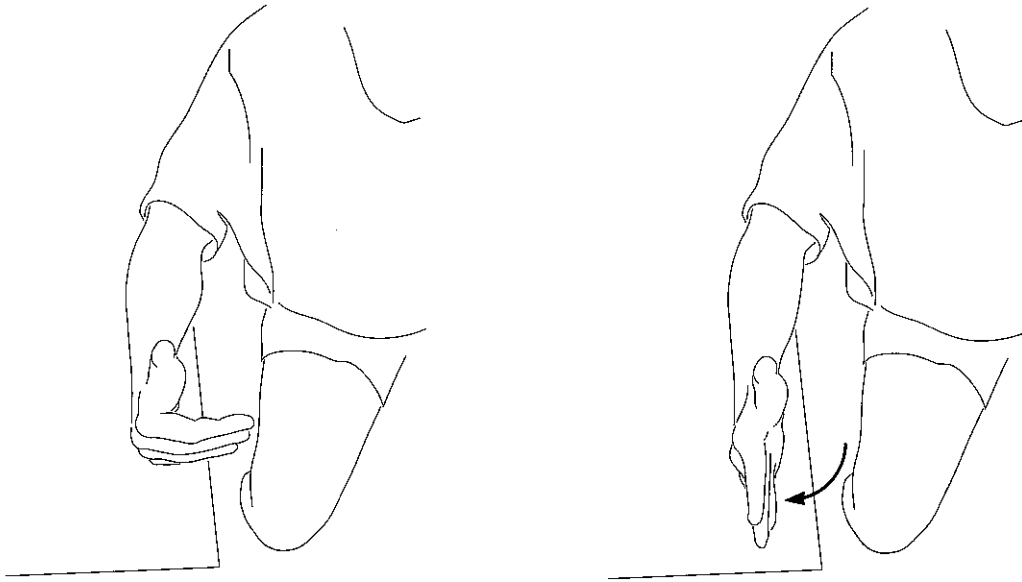
Exercise: Slowly straighten your finger.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 16



A

B

Patient Name: _____ **Date:** _____

Starting position: The side of your involved hand rests on a table and your thumb points toward the ceiling.

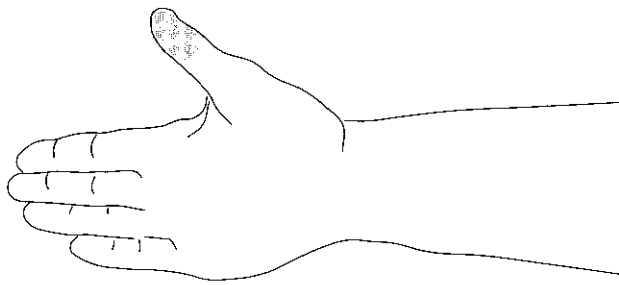
Exercise: Slowly straighten all your fingers from the large knuckles.

Repeat _____ times.

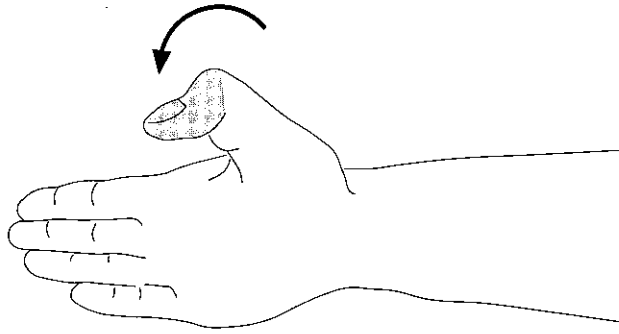
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 17



A



B

Patient Name: _____ **Date:** _____

Starting position: Fingers and wrist should be straight.

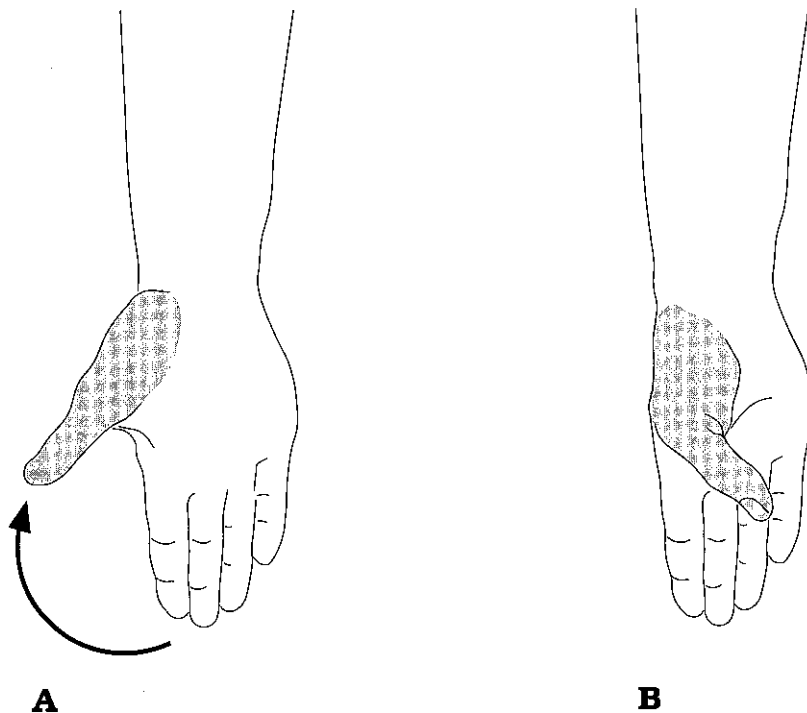
Exercise: Slowly bend your thumb above the small knuckle.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 18



Patient Name: _____ **Date:** _____

Starting position: Involved arm hangs straight at your side. Fingers and wrist are straight.

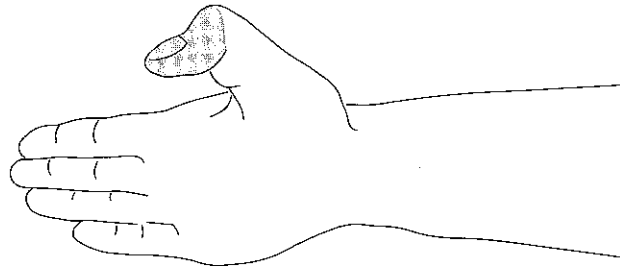
Exercise: Slowly pull your thumb across the palm of your hand.

Repeat _____ times.

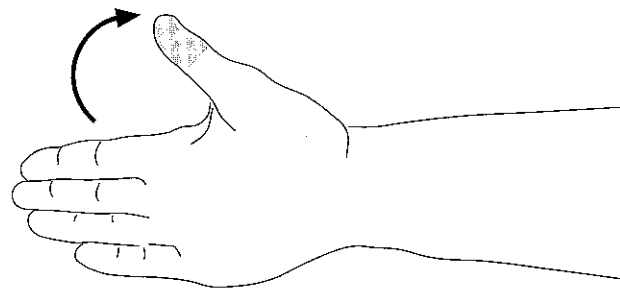
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 19



A



B

Patient Name: _____ **Date:** _____

Starting position: Fingers and wrist should be straight.

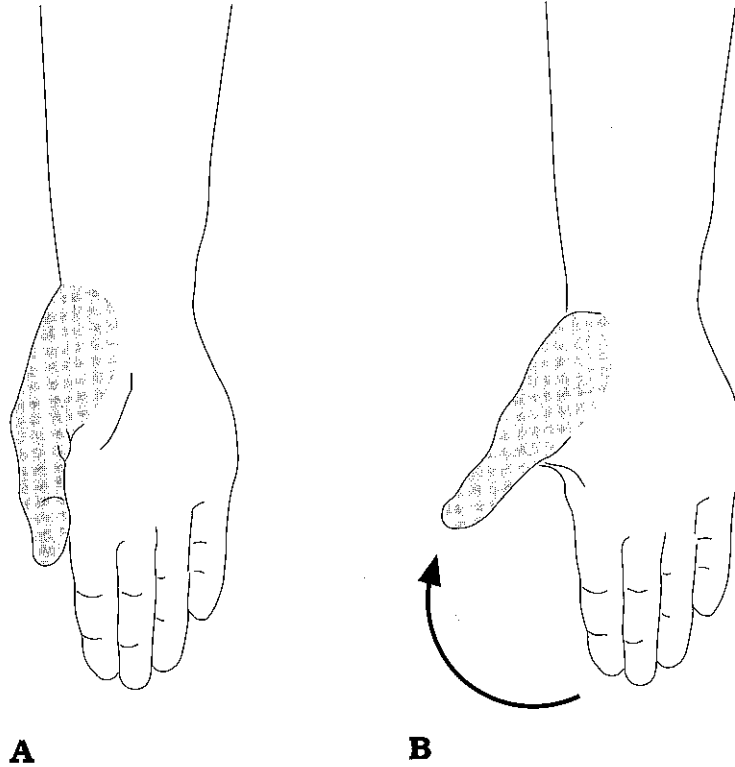
Exercise: Slowly straighten your thumb above the small knuckle.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 20



Patient Name: _____ **Date:** _____

Starting position: Involved arm hangs straight at your side. Fingers and wrist are straight.

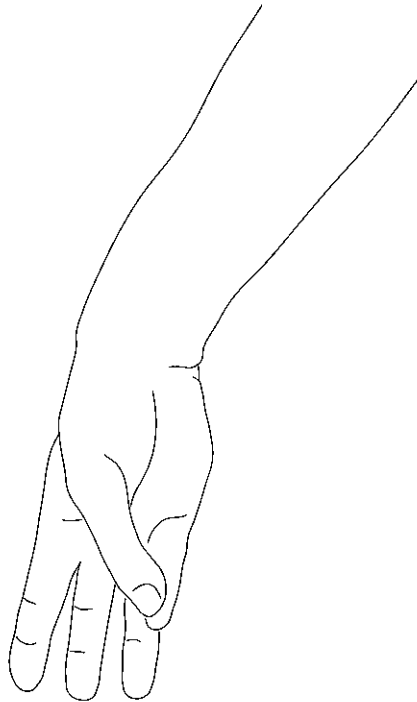
Exercise: Slowly pull your thumb away from your hand.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 21



Patient Name: _____ **Date:** _____

Starting position: Involved arm hangs straight at your side. Fingers and wrist should be straight.

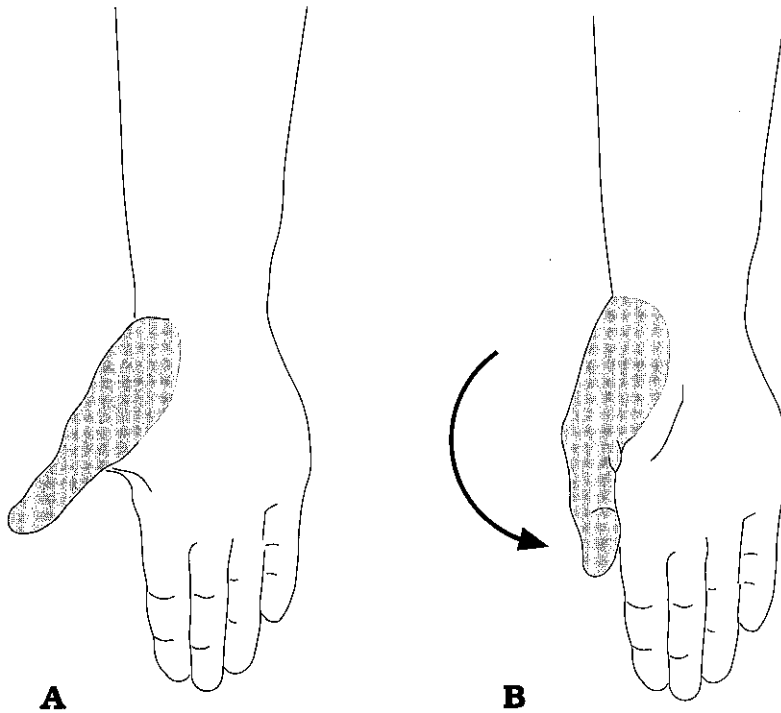
Exercise: Pull the pad of your thumb toward the pad of your small finger.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 22



Patient Name: _____ **Date:** _____

Starting position: Involved arm hangs straight at your side. Fingers and wrist should be straight.

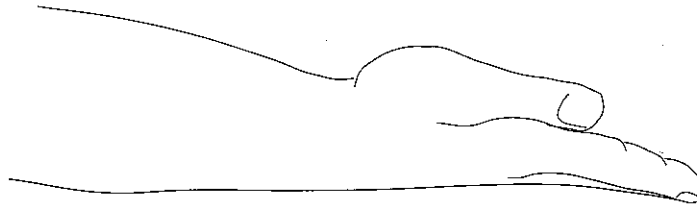
Exercise: Slowly pull your thumb against the side of your hand.

Repeat _____ times.

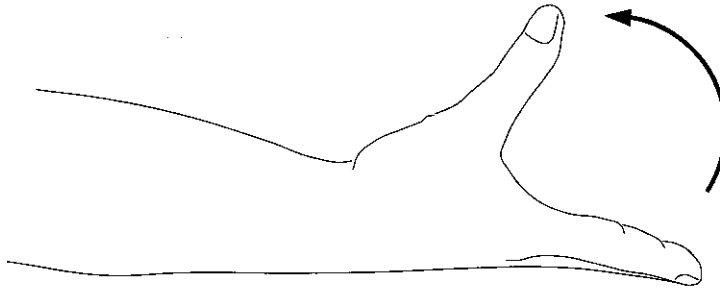
Do _____ sessions per day.

Special Precautions/Comments: _____

Hand—Exercise 23



A



B

Patient Name: _____ **Date:** _____

Starting position: Fingers and wrist are straight.

Exercise: Slowly lift your thumb away from your palm.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

