



Tenodesis Grip Exercise

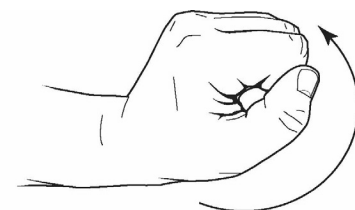
This exercise can help improve the strength of your grasp in your hand with wrist tenodesis. This is an automatic curling of your fingers when your wrist is flexed up.

You may find it helpful to do this exercise with your lower arm supported on the arm rest of a chair or on a table. If you are not able to do this exercise yourself, have a caregiver help you. Your caregiver can place his or her hand over yours to move your hand through the exercise.

- **Do this exercise _____ times, _____ times each day.**
- **Do the exercise with slow and smooth motions.**
- **Do this exercise with:**
 - Right hand**
 - Left hand**
 - Both hands**

Exercise

1. Start with your arm at your side, elbow bent to 90 degrees or a right angle. Have your hand in a relaxed position with your palm facing down.
2. Gently bend your wrist up towards the ceiling while bending your fingers towards the palm of your hand to make a fist. This motion will cause your fingers to curl up or grip.



- Bend your wrist down towards the floor as far as you can while you gently straighten your fingers. This motion of bending your wrist down will release your grip.



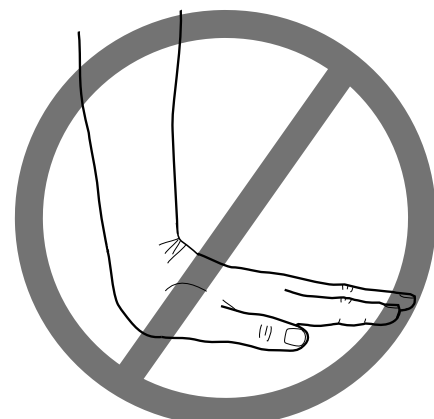
DO NOT DO

DO NOT do the following movements, which can weaken your grasp.

- DO NOT extend your wrist back towards your arm and extend your fingers at the same time.



- DO NOT put weight through your arm when your fingers are extended.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.