

# Tenodesis Grip Exercise

This exercise can help improve the strength of your grasp in your hand. 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.



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2. Gently bend your wrist up towards the ceiling while bending your fingers towards the palm of your hand to make a fist.



3. Bend your wrist down towards the floor as far as you can while you gently straighten your fingers.



❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**