Hand and Finger Exercises

- Place your palm flat on a table. Raise and lower your fingers one by one.
  Repeat ____ times for ____ seconds.

- Pick up objects with your hand. Start out with larger objects.
  Repeat ____ times for ____ seconds.

- Crumble a piece of paper or cloth into a small ball.
  Repeat ____ times for ____ seconds.

- Rest your hand on a table. Spread your fingers wide apart, then bring them back together.
  Repeat ____ times for ____ seconds.
Make an "O" by touching your thumb to each fingertip. Repeat ___ times for ____ seconds.

Bend the end joint of your finger, keeping the base and middle joints straight. Hold this position. Relax and then straighten the end joint. Hold this position. Repeat ___ times for ____ seconds.

Bring the fingertips in tightly to the top of the palm of your hand. Keep your first knuckles straight. Open fingers fully. Repeat ___ times for ____ seconds.

Bend your thumb toward the base of your little finger. Spread the thumb away from the index finger. Repeat ___ times for ____ seconds.

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.