Active Hand Exercises

Repeat these exercises _____ times, _____ times a day.

1. With your wrists and your fingers straight, bend your fingers at the knuckles.

2. Keep your knuckles and wrist straight. Bend and straighten your fingers.

3. Start with your fingers out straight. Make a fist, being sure each finger joint is bending as much as possible. Straighten your fingers again as much as possible.

4. Touch your thumb to your fingertips, one at a time, making a circle. Open your hand wide after touching each finger.

5. Spread baby powder on the table under your fingers. Rest your hand on the table with your palm down. Spread your fingers wide apart and then bring them together again.

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

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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