Active Finger Exercises

These exercises are done to keep your fingers moving well and to prevent stiffness.
Repeat these exercises _____ times, _____ times a day.

Bend with Straight Fingers
- Keep your wrist and fingers straight.
- Bend your fingers at the large knuckles, still keeping your fingers straight.
- Straighten them out again.

Bend with Curl
- Keep your large knuckles and wrist straight.
- Bend and straighten your fingers.

Straight - Fist - Straight
- Start with your fingers out straight.
- Make a fist, being sure each finger joint is bending as much as possible.
- Straighten your fingers out again as much as possible.
Finger Touches

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

Finger Spread

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