

Range of Motion Exercises for the Hand and Wrist

(Caregiver Handout)

Range of motion exercises for the hand are movements and stretches that straighten and bend the joints in the fingers, thumb, and wrist. These exercises help to improve movement, reduce stiffness and swelling, and help your child's hand move in all the ways that they need for everyday activities.

Complete the check marked  exercises _____ times each day.



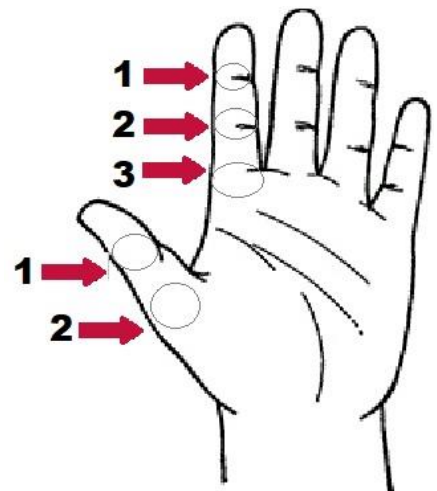
Stop if your child feels pain.

If you have any questions or concerns, please contact your child's therapist: _____ at (905) 521-2100 ext. _____

In this workbook the joints of the hand will be referred to by numbers.

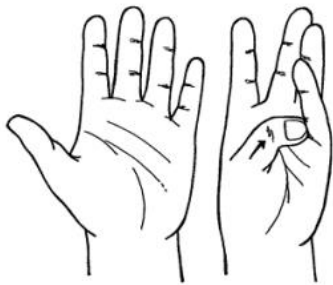
For the **index**, **middle**, **ring**, and **pinky** fingers, the joints are labelled 1, 2, and 3, starting at the joint closest to the tip of the finger

For the **thumb**, the joints are labelled 1 and 2, starting at the joint closest to the tip of the thumb



Thumb Exercises

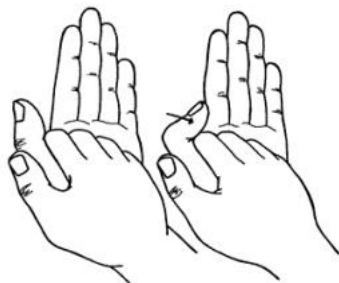
- Have your child bend their thumb to the base of their pinky finger



- Have your child bend their thumb to touch the center of their palm

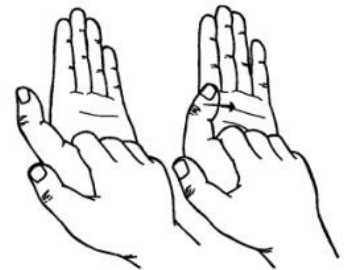


- Using your hand, hold the thumb below Joint #1.



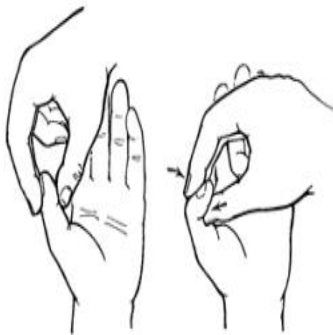
Have your child bend the tip of their thumb as shown

- Using your hand, hold your thumb below Joint #2

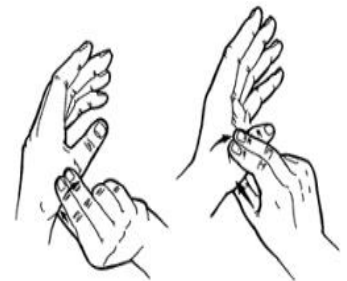


Have your child bend their thumb as shown

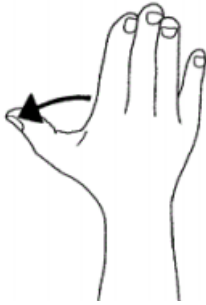
- Using your hand, bend the tip of your child's thumb



- Using your hand, hold your child's thumb below Joint #2 and bend your child's thumb towards the center of their palm



- Place your child's hand flat on a table.

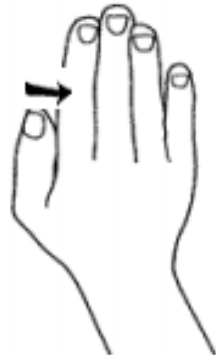


Have your child move their thumb away from their other fingers.

- Have your child move their thumb away from the palm of their hand

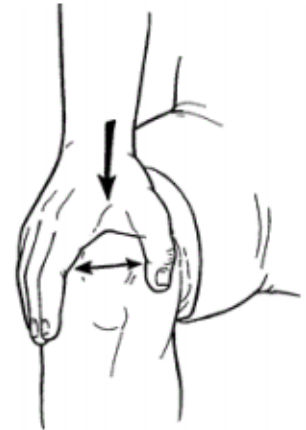


- Place your child's hand flat on a table.



Have your child move their thumb as close as they can to their other fingers

- Place your child's hand on their knee as shown. Using their knee as a guide, have your child spread their thumb apart from their fingers until they feel a stretch

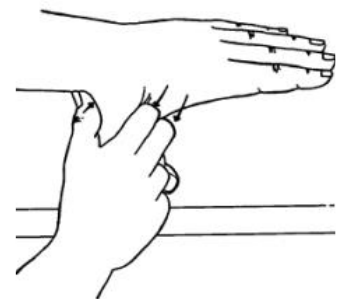


- Using your hand as shown, bend your child's thumb backwards



- Place your child's hand flat on a table

Using your hand as shown, pull their thumb away from their fingers



Finger Exercises

- Have your child make a fist, bending all the joints very tight.



- Have your child make a “tabletop” by bending only at Joint #3 while keeping the other finger joints straight



- Have your child bend Joints #1 and #2 of the fingers



- Using your hand, bend all the joints in your child's finger



- Using your hand, hold your finger below Joint #1.

Have your child bend the tip of their finger.



- Using your hand, bend the tip of your child's finger.



- Using your hand, hold your child's finger directly below Joint #2.

Have your child bend and straighten the finger at the middle joint only.



- Using your hand, have your child bend their finger at Joint #2.



- Have your child straighten their fingers.

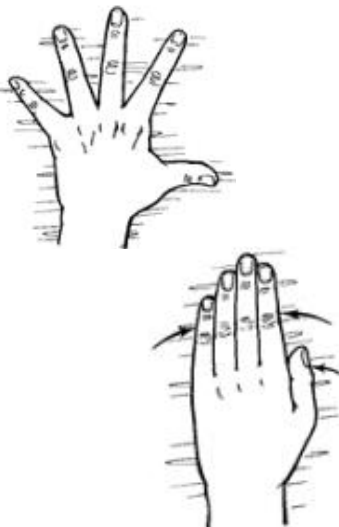


- Use your hand to straighten your child's fingers until they feel a stretch.



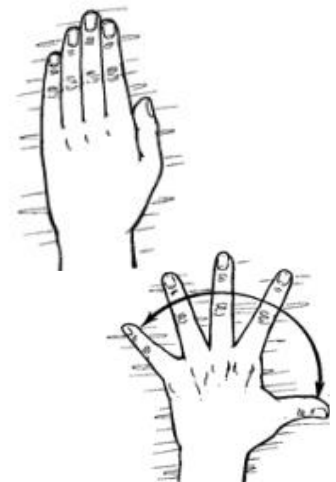
- Place your child's hand flat on a table with their palm facing down.

Have your child bring their fingers as close together as they can.



- Place your child's hand flat on a table with their palm facing down.

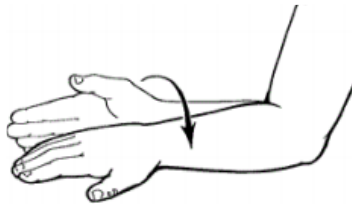
Have your child spread their fingers as wide apart as they can.



Wrist Exercises

- Begin with your child's thumb pointed up.

Have your child turn their hand so the palm is facing down.



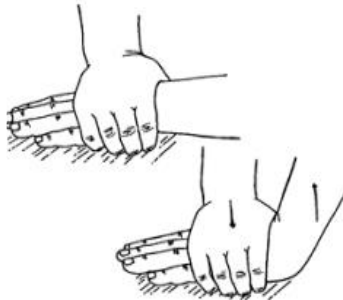
- Begin with your child's thumb pointed up.

Have your child turn their hand so their palm is facing up.



- Place your child's hand flat on the table, with your hand on top of it.

While holding your child's hand down flat, have your child bend their wrist until they feel a stretch.



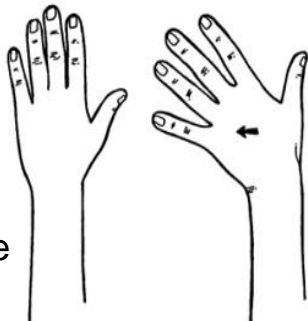
- Hold your child's wrist as shown, with their fingers closed.

Bend their wrist until they feel a stretch.



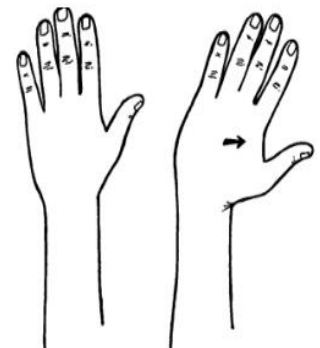
- Place your child's hand flat on a table.

Have your child turn their hand toward their little finger.



- Place your child's hand flat on a table.

Have your child turn their hand toward their thumb.



Exercise Tracking Chart

Put a checkmark on the day for every time your child completes their exercises.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							