

# Range of Motion Exercises for the Hand and Wrist

(Patient Handout)

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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 hand move in all the ways that you need for everyday activities.

Complete the check marked  exercises \_\_\_\_\_ times each day.



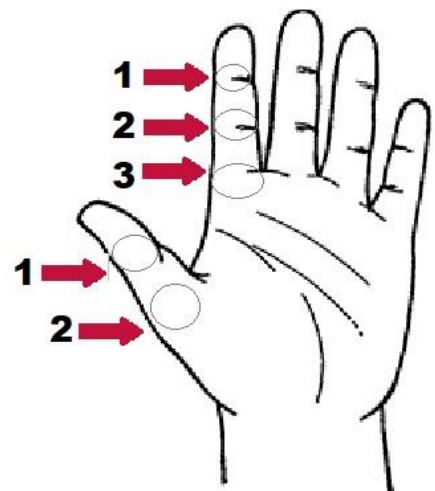
**Stop if you feel pain.**

**If you have any questions or concerns, please contact your Therapist:**  
\_\_\_\_\_ at (905) 521-2100 ext. \_\_\_\_\_

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

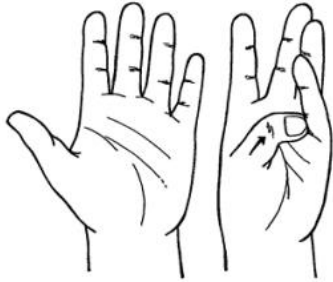
For the **index**, **middle**, **ring**, and **pinky** fingers, the joints are labelled 1, 2, and 3, starting at the joint closest to the tip of the finger

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



## Thumb Exercises

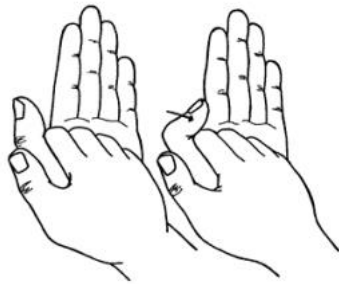
- Bend your thumb to the base of your pinky finger



- Bend your thumb to touch the center of your palm

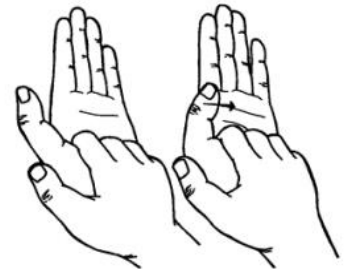


- Using your other hand, hold the thumb below Joint #1.



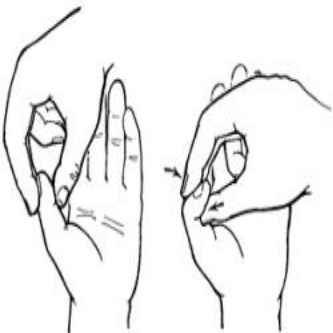
Bend the tip of your thumb as shown

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

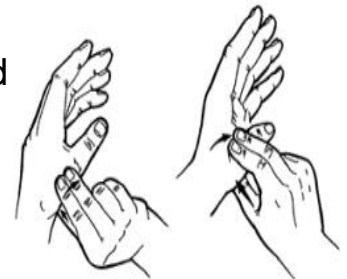


Bend your thumb as shown

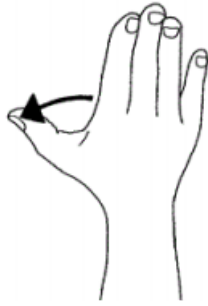
- Using your other hand, bend the tip of your thumb



- Using your other hand, hold your thumb below Joint #2 and bend your thumb towards the center of your palm



- Place your hand flat on a table.



Move your thumb away from your other fingers.

- Move your thumb away from the palm of your hand

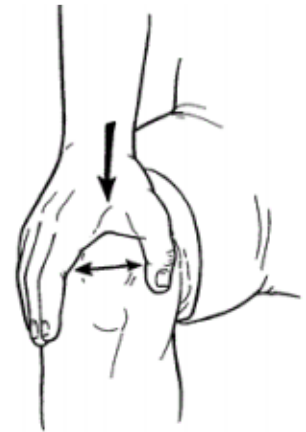


- Place your hand flat on a table.



Move your thumb as close as you can to your other fingers

- Place your hand on your knee as shown  
Using your knee as a guide, spread your thumb apart from your fingers until you feel a stretch

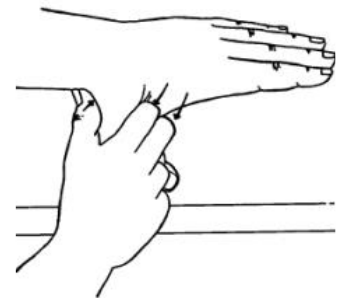


- Using your other hand as shown, bend your thumb backwards



- Place your hand flat on a table

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



## Finger Exercises

- Make a fist, bending all the joints very tight.



- Make a "tabletop" by bending only at Joint #3 while keeping the other finger joints straight



- Bend Joints #1 and #2 of the fingers



- Using your other hand, bend all the joints in your finger



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



Bend the tip of your finger.

- Using your other hand, bend the tip of your finger.



- Using your other hand, hold your finger directly below Joint #2.

Bend and straighten the finger at the middle joint only.



- Using your other hand, bend your finger at Joint #2.



- Straighten your fingers.



- Use your other hand to straighten your fingers until you feel a stretch.



- Place your hand flat on a table with your palm facing down.



Bring your fingers as close together as you can.



- Place your hand flat on a table with your palm facing down.



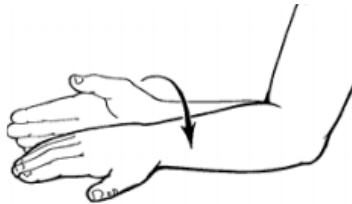
Spread your fingers as wide apart as you can.



## Wrist Exercises

- Begin with your thumb pointed up.

Turn your hand so the palm is facing down.



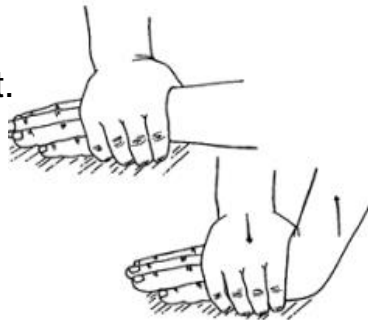
- Begin with your thumb pointed up.

Turn your hand so your palm is facing up.



- Place your hand flat on the table, with your other hand on top of it.

While holding your hand down flat, bend your wrist until you feel a stretch.



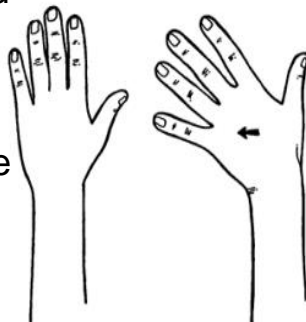
- Hold your wrist as shown, with the fingers closed.

Bend your wrist until you feel a stretch.



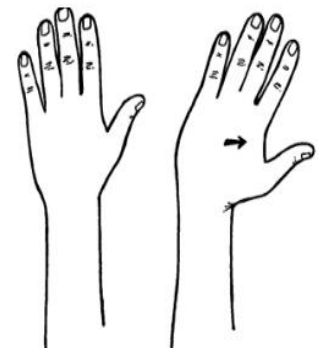
- Place your hand flat on a table.

Turn the hand toward your little finger.



- Place your hand flat on a table.

Turn your hand toward your thumb.



## Exercise Tracking Chart

Put a checkmark on the day for every time you do your exercises.

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