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# Home Hand Exercise Program

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# Home Hand Exercise Program

**Description**

This patient education handout shares information on hand exercises for osteoarthritis.

**Keywords**

occupational therapy, hand exercises, osteoarthritis

**Disciplines**

Occupational Therapy | Rehabilitation and Therapy

**Rights**

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Your Name \_\_\_\_\_

Your Therapist \_\_\_\_\_

## Home Hand Exercise Program

Osteoarthritis (OA) is a kind of arthritis. It causes pain, swelling, and loss of movement in the joints of your hand.

Doing these hand movements every day can help you:

- keep and improve flexibility, strength, and function
- ease the pain in your joints

Do these hand movements the way your therapist showed you.

Before starting any hand exercise program:

**\* Warm up your joints. To do this:**

- massage or gently rub your joints
- use a warm wet cloth
- or take a shower

**\* If your pain gets worse, stop and talk with your therapist.**

notes

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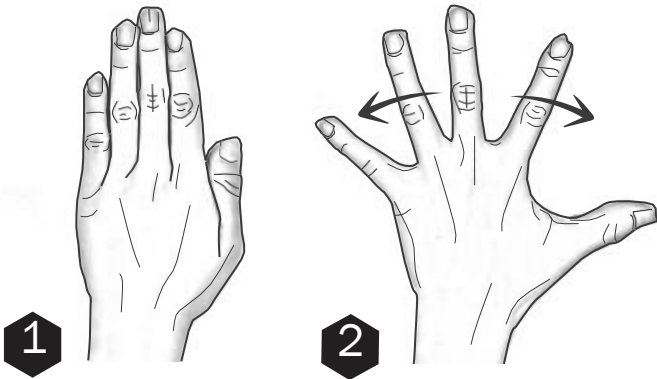
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# Home Hand Exercise Program

\*Stop if your pain gets worse.

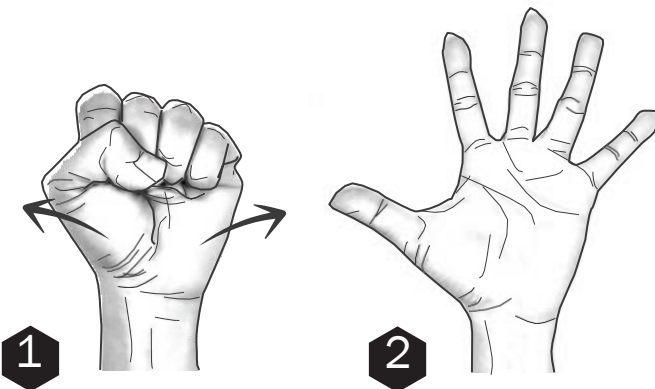
## Open and Close Fingers

- 1) Bring your fingers together. 2) Spread your fingers wide. Hold for 15 seconds. Repeat 10 times on each hand.



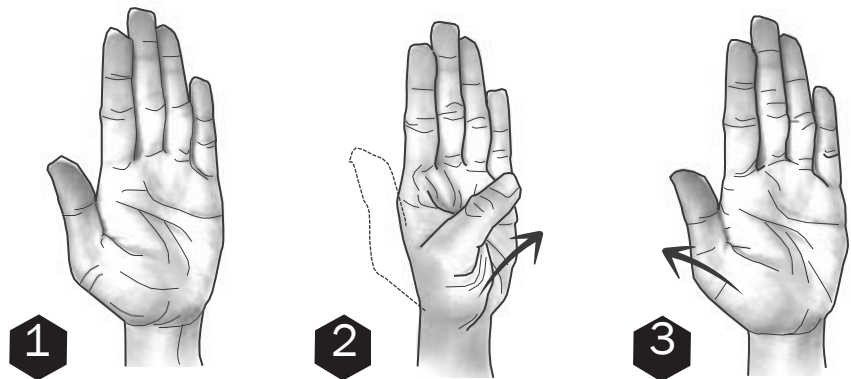
## Fist and Release

- 1) Make a fist for 5 seconds. 2) Open your hand and spread your fingers wide. Hold for 15 seconds. Repeat 10 times on each hand.



## Thumb Bend

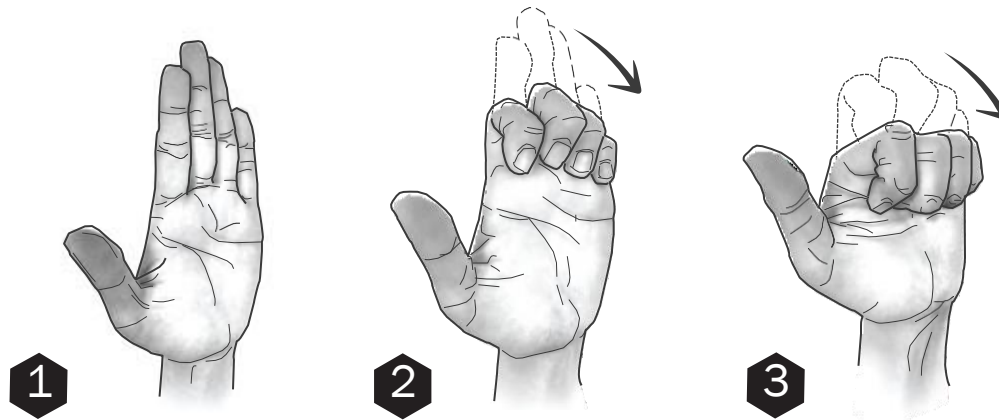
- 1) Place your hand in an upright position. 2) Move your thumb across your palm toward the base of the little finger. Hold for 15 seconds. 3) Bring your thumb back to the upright position. Repeat 10 times on each hand.



**\*Stop if your pain gets worse.**

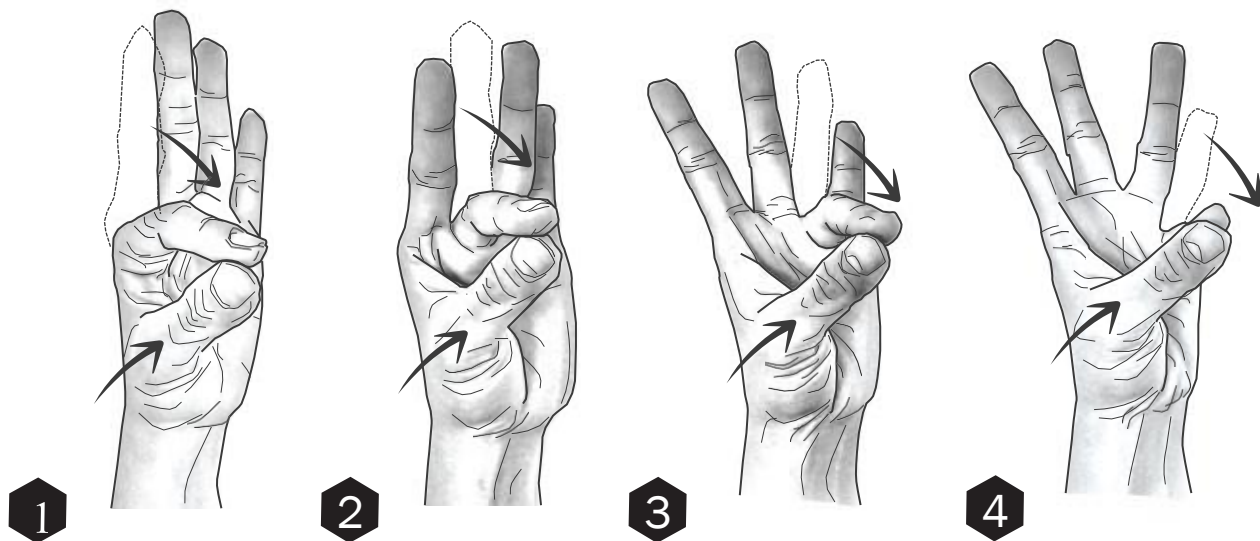
## Hand Roll

1) Place hand in upright position. 2) Bend your fingertips down to touch the base of each finger. Your hand should look like a claw. 3) Roll your fingertips down to touch your palm. Hold each position for 10 seconds and then open your hand. Repeat 10 times on each hand.



## Finger Taps

Bring each fingertip down to touch your thumb. Do one finger at a time. Hold each finger position for 10 seconds. Repeat 10 times on each hand.



### References

Shah, M., V. Six pack active hand exercises. [PDF document]. Retrieved from Sports Doc Shah. Website: [www.sportsdocshah.com/pdfs/Hand%20Exercises-%206%20pack.pdf](http://www.sportsdocshah.com/pdfs/Hand%20Exercises-%206%20pack.pdf)

Pomona Valley Hospital Medical Center. Osteoarthritis exercise home program.[PDF document].