

# HAND AND WRIST EXERCISES FOR ARTHRITIS

Permission to reproduce these exercises is granted by The Arthritis Society, B.C. and Yukon Division. Information is taken from the publication, "Your Hands & Rheumatoid Arthritis - A Management Guide".

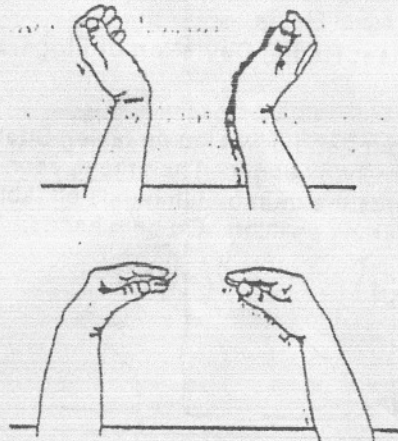
## Exercises

Daily hand exercises should be done to preserve joint range. Each joint should be moved through the full range at least 2 times per day.



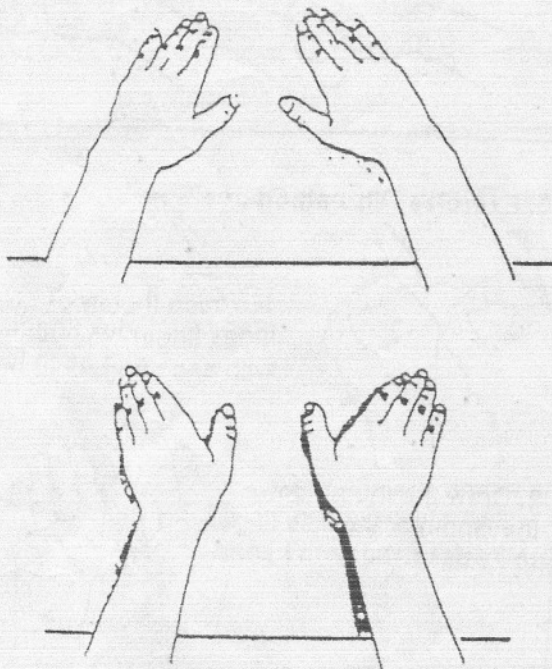
## 2. Exercise: Wrist Flexion and Extension

**Directions:**  
With forearms supported on table, move wrists backward and forward, keeping your fingers relaxed.



## 1. Exercise: Radial and Ulnar Deviation of Wrists

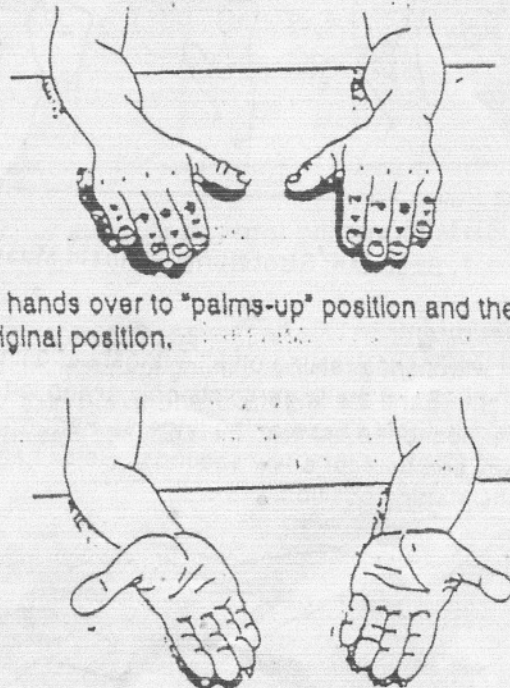
**Directions:**  
With hands and forearms supported on table, move wrists side to side, together and apart.



## 3. Exercise: Pronation/Supination of the Forearms

**Directions:**  
Place palm of hands and forearms flat on table. Tuck elbows snugly into your sides.

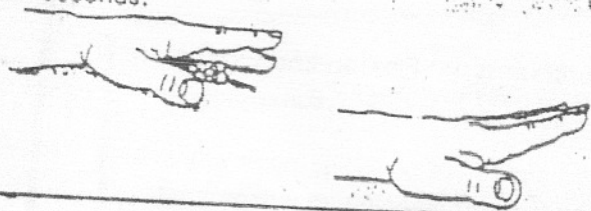
Turn hands over to "palms-up" position and then return to original position.



#### 4. Exercise: Finger Extension

**Directions:**

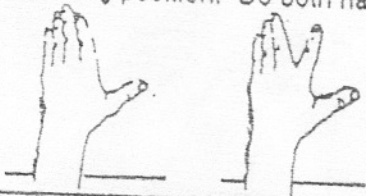
Place palm of your hand down flat on table. Raise and lower each finger, individually. Hold each position for a few seconds.



#### 5. Exercise: Radial Deviation of Fingers

**Directions:**

Place palm of your hand down flat on table. Stretch thumb away from index finger. Then move each finger separately towards the thumb. Lift hands off table. Return to the starting position. Do both hands.



#### 8. Exercise: Radial Deviation of Fingers Against Gravity

**Directions:**

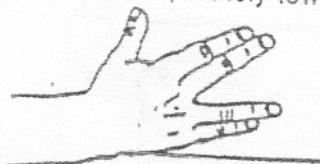
Support elbows and forearms on table. With palms facing each other, lift hands slightly off the table top.



Stretch thumb way from index finger.



Then move each finger separately towards the thumb.



Relax hand. Return to starting position. Do both hands.

#### 6. Exercise: Finger Flexion

**Directions:**

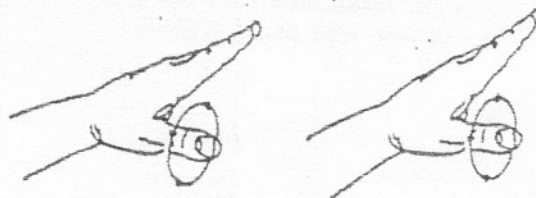
Start with hands on little fingers and fingers straight. Bend fingertips and then knuckles to make a fist. (Do not squeeze tightly). Straighten fingers out and relax them.



#### 9. Exercise: Thumb Movement

**Directions:**

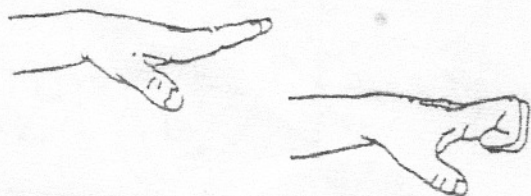
With hands resting on little fingers, move the thumbs in a circular motion, clockwise and counter-clockwise.



#### 7. Exercise: Stretching Intrinsic Muscles

**Directions:**

Start with hands resting on little fingers and fingers straight. Bend the finger joints only, trying to touch finger tips to the base of the fingers. Perform exercise slowly and hold for a few seconds. Relax hand. Return to the starting position.



#### 10. Exercise: Thumb Opposition



1. Touch thumb tip to index finger. Repeat with each finger.

2. Draw the thumb down the length of the little finger to its base. Do both hands.

