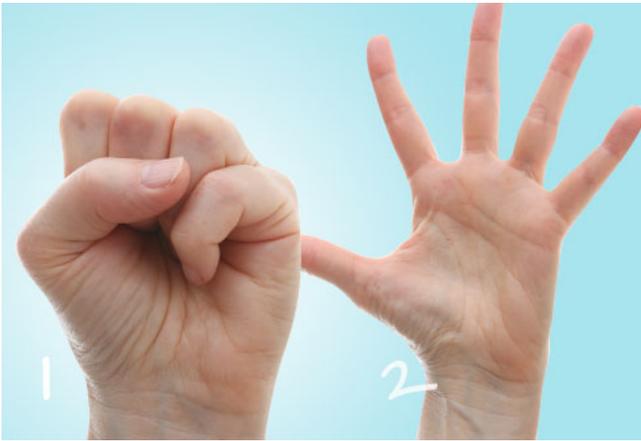




Hand Range of Motion and Strengthening Exercises

Make a Fist

1. Make a gentle fist, wrapping your thumb across your fingers
2. Hold for 30 to 60 seconds. Release and spread your fingers wide.
3. Repeat with both hands at least five times.



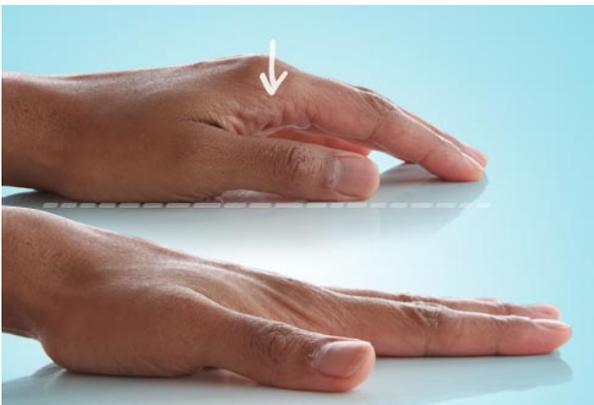
Claw Stretch

1. Hold your hand out in front of you, palm facing toward you.
2. Bend your fingertips down to touch the base of each finger joint. Your hand should look like a claw.
3. Hold for 30 to 60 seconds and release. Repeat 5 times on each hand.



Finger Stretch

1. Place your hand palm-down on a table or other flat surface
2. Gently straighten your fingers as flat as you can against the surface without forcing your joints.
3. Hold for 30 to 60 seconds then release
4. Repeat five times with each hand.



Finger Lift

1. Place your hand flat, palm down, on a table
2. Gently lift one finger at a time off of the table and then lower it.
3. You can also lift all your fingers and thumb at once, then lower it.
4. Repeat 8 to 12 times on each hand.



Thumb Flex

1. Start with your hand out in front of you, palm up
2. Extend your thumb away from your other fingers as far as you can. Then bend your thumb across your palm so it touches the base of your small finger.
3. Hold for 30 to 60 seconds
4. Repeat 5 times with both thumbs.



Thumb Touch

1. Hold your hand out in front of you with your wrist straight
2. Gently touch your thumb to each of your four fingertips, one at a time, making the shape of an "O."
3. Hold each stretch for 30 to 60 seconds. Repeat 5 times on each hand.

