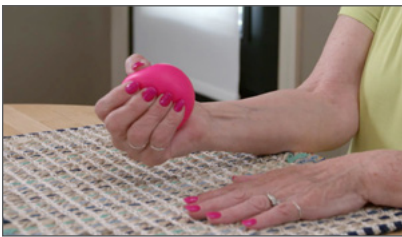


HAND EXERCISES FOR ARTHRITIS



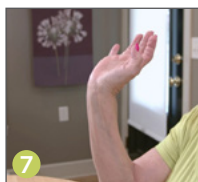
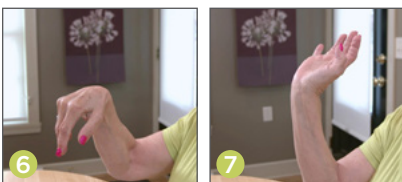
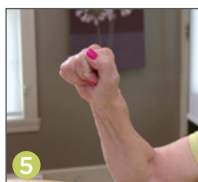
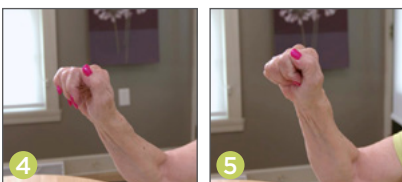
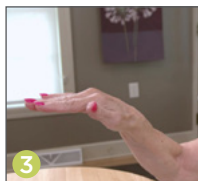
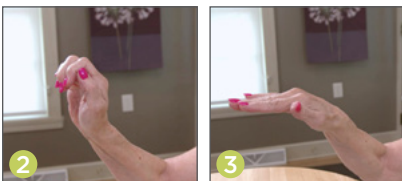
Self-Massage

- Using short strokes, massage the muscles in your palm and base of your thumb using the opposite hand.
- Roll your hand over a tennis ball on a table top for more pressure.
- To massage your fingers, start at the tips and push toward the hand.
- You can massage all the fingers in a group or individually.
- Work each hand for 1 minute.



Fist Clenches

- Squeeze a stress ball or make a tight fist.
- Relax and repeat.
- Repeat 10-20 times with each hand.



Tendon Glides

- Complete 3-5 repetitions of each exercise before moving to the next position, or do the entire sequence as a fluid movement and repeat 3-5 times.
 - Hold each position for 2-3 seconds.
1. **Straight position:** Start with an open hand.
 2. **Hook position:** Bend your fingers at the middle joints so the tips are touching the pads at the base of your fingers.
 3. **Duck position:** Straighten the middle joints of your fingers so your hand forms an “L” shape.
 4. **Straight fist position:** Bend your fingers at the first and middle joints only. The tips of your fingers should rest gently on your palm.
 5. **Full fist position:** Bring your fingers up to make a fist and squeeze gently.
 6. **Hanging limp wrist position:** Extend your fingers and bend your wrist forward. Let your hand hang forward.
 7. **Wrist extension position:** With your hand open, pull your wrist back.

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