

Hand Exercise Program

These exercises will maintain or increase the mobility of your hands, increase your muscle strength and improve your ability to use them. Do each exercise slowly. Repeat each exercise 10 times 3 times each day.

Estos ejercicios deben de mantener o aumentar el movimiento de sus manos, aumentar la fuerza de sus musculos, y mejorar su capacidad de usar sus manos. Haga cada ejercicio despacio. Repita cada ejercicio 10 veces 3 veces al día.

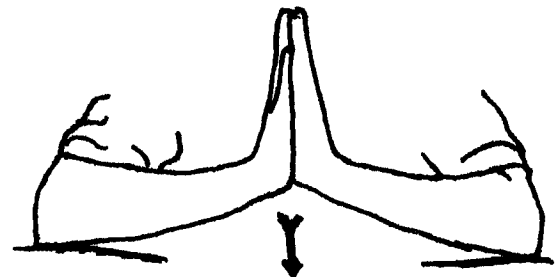
1. Bend the hand up and down at the wrist, keeping the fingers relaxed.



2. With your elbow bent and at your side, turn your palm up to the ceiling and down to the floor.



3. Put palms together in a prayer position. Place elbows on a table and slowly move elbows away from each other so that hands move toward the table. *Keep palms together. It is ok if you can't get down to the table, just go as far as you can doing it properly.



4. Make a fist, bending the tips of the fingers first. Then straighten the fingers and spread them apart.



5. Try to touch the tip of each finger with your thumb. Once you can touch the tip of the finger, try and slide the thumb down toward the base of the finger.



6. Lay hand flat on the table and lift up one finger at a time including thumb.

