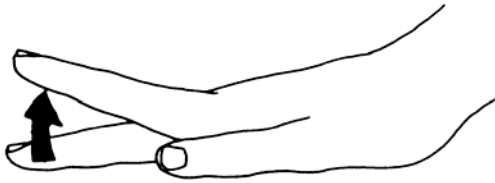


Hand and Finger Exercises

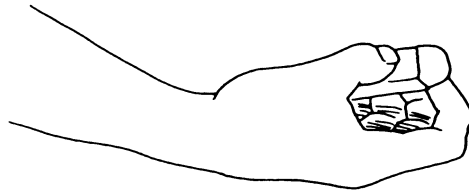
- Place your palm flat on a table. Raise and lower your fingers one by one.

Repeat ____ times for ____ seconds.



- Pick up objects with your hand. Start out with larger objects.

Repeat ____ times for ____ seconds.



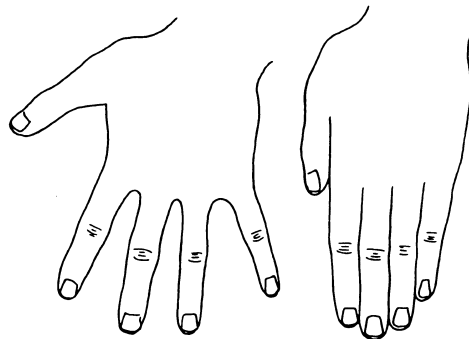
- Crumble a piece of paper or cloth into a small ball.

Repeat ____ times for ____ seconds.



- Rest your hand on a table. Spread your fingers wide apart, then bring them back together.

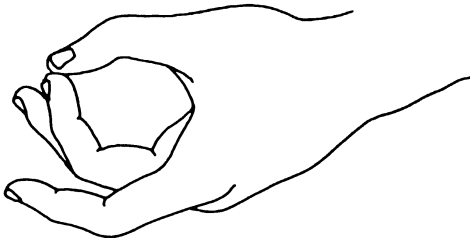
Repeat ____ times for ____ seconds.



Learn more about your health care.

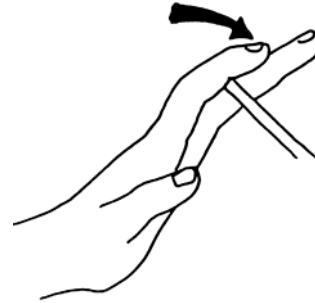
- ❑ Make an "O" by touching your thumb to each fingertip.

Repeat ____ times for ____ seconds.



- ❑ Bend the end joint of your finger, keeping the base and middle joints straight. Hold this position. Relax and then straighten the end joint. Hold this position.

Repeat ____ times for ____ seconds.



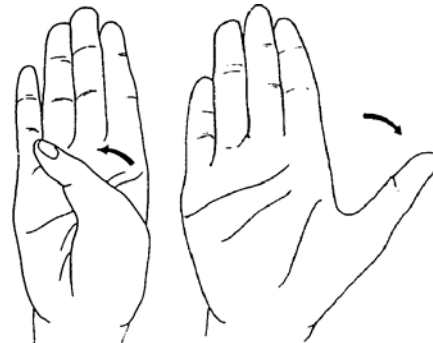
- ❑ Bring the fingertips in tightly to the top of the palm of your hand. Keep your first knuckles straight. Open fingers fully.

Repeat ____ times for ____ seconds.



- ❑ Bend your thumb toward the base of your little finger. Spread the thumb away from the index finger.

Repeat ____ times for ____ seconds.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**