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Hand & Wrist Home Exercise Program

Goal

- Improve flexibility of your wrist, hand, and fingers

Length of Use

- I recommend performing these exercises daily for the next 4-6 weeks and continuing them as needed to improve motion

Other modalities

- Heat your hand/wrist in a warm towel before your exercises may be beneficial
- These stretches should be done to tolerance – push until you feel a stretch but the stretch should not be overly painful

Modifications

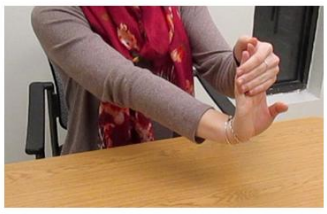
- If you are in a removable wrist brace – you may come out of this brace to perform these exercises
- If you are in a cast or splint that covers the wrist, only perform the exercises for the fingers (skip the wrist flexion/extension, prayer stretch, and carpal tunnel stretch)



Wrist Flexion Stretch

- Straighten your arm with your palm facing down and bend your wrist so your fingers are pointing down - Bend your wrist until you feel a stretch - Hold for 10 seconds, relax, and repeat

Repeat 5 Times	Hold 10 Seconds
Complete 1 Set	Perform 4 Times a Day



Wrist Extension Stretch

- Straighten your arm with your palm facing down and bend your wrist so your fingers are pointing up - Bend your wrist until you feel a stretch - Hold for 10 seconds, relax, and repeat

Repeat 5 Times	Hold 10 Seconds
Complete 1 Set	Perform 4 Times a Day



PRAYER STRETCH - WRIST

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Repeat 5 Times	Hold 10 Seconds
Complete 1 Set	Perform 4 Times a Day

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FINGER PIP FLEXION STRETCH

Grasp the affected finger below the middle knuckle and gently stretch it into a more bent position.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



FINGER DIP FLEXION STRETCH

Grasp the affected finger below the last knuckle and gently stretch it into a more bent position.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



FINGER PIP EXTENSION STRETCH

Grasp the affected finger below the middle knuckle and gently stretch it into a more straightened position.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



FINGER DIP EXTENSION STRETCH

Grasp the affected finger below the last knuckle and gently stretch it into a more straightened position.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



FINGER MCP FLEXION STRETCH

Grasp the affected finger just below the main knuckle and gently bend it downward as shown.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day

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Intrinsic Stretch

With fingers straight, bend PIP and DIP joints, while simultaneously extending the MP. Repeat for each finger or as instructed by your therapist.

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



Carpal Tunnel Stretch

- Position self as shown. - Gently pull the thumb outward and down to stretch the tissues and ligament above the carpal tunnel. - Hold 10 sec, relax, and repeat

Repeat 5 Times — Hold 10 Seconds
Complete 1 Set — Perform 4 Times a Day



Flexor tendon glides of hand

A. Start with fingers straight B. Tabletop - bend only at the knuckles with the fingers straight C. Straight fist - bend only at the knuckles to make a fist with the fingers straight D. Hook fist - Claw your fingers so your knuckles are straight but your fingers are bent E. Full fist F. Repeat straight hand

Repeat 5 Times — Hold 3 Seconds
Complete 1 Set — Perform 4 Times a Day