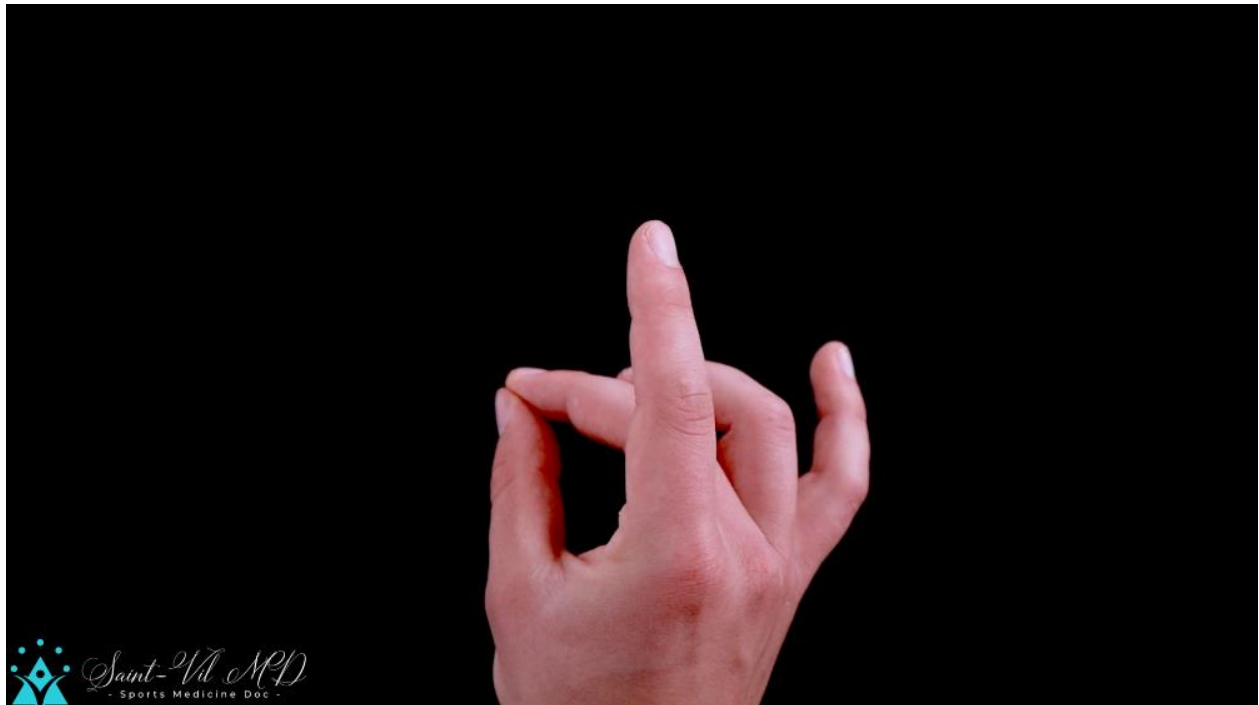


Finger Range of Motion Exercise Handouts

Prepared by [Dr. Saint-Vil](#)

Last update: 08/15/2022



If you have been finding challenging to go about your daily tasks due to stiffness, edema, or discomfort in your hands, the right workouts will help you get back into action.

Different hand exercises may be recommended by therapists for different conditions. While others aid in stretching sore muscles and tendons, some aid in increasing a joint's range of motion. The muscles that support a joint can be strengthened in other ways, leading to greater strength.

Some exercises can help improve hand range of motion and strengthening. Many such exercises can be done readily at home without specific equipment like the ones listed below.

- **Standing wrist flexion stretch**

- Step 1** – Extend the arm with one of your wrists in front of you and point your fingers toward the floor.



Step 2 – With your other hand, softly bend your wrist farther or *downwards* until you feel a good stretch in your forearm. Then, hold the stretch for about 20 to 30 seconds.



- Repeat 4-6 times for each hand
- 3 sets in a row
- Once-daily
- 5 days a week

- **Standing wrist extension stretch**

Step 1 – Extend one arm with the wrist in front of you and point your palm towards the floor.



Step 2 – With the help of your other hand, gently bend your wrist farther or *upwards* until you experience a mild to moderate stretch in your forearm.

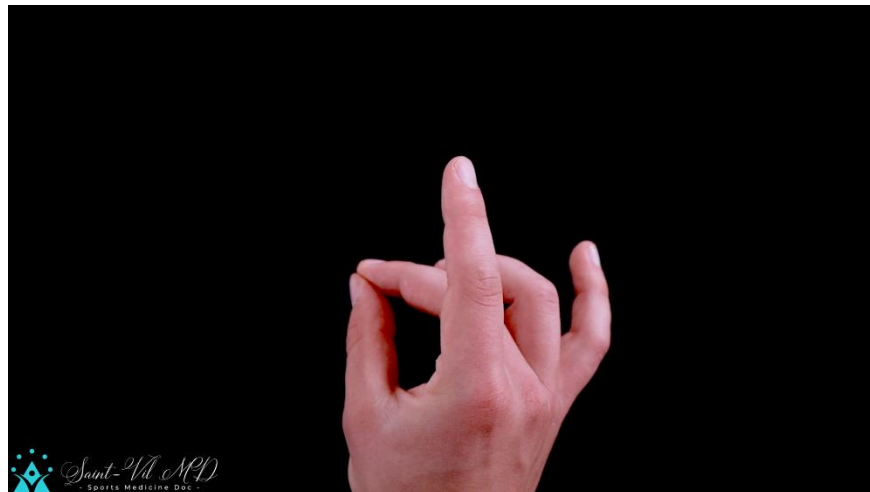


Step 3 – Hold the stretch for at least 20 to 30 seconds.

- Repeat 6-8 times for each hand
- 3 sets in a row
- Once-daily
- 5 days a week

- **Thumb opposition**

Step 1 – Try touching four long fingers with the tip of the thumb. However, remember that this is not a grasp.



- Repeat 4-6 times
 - 3 sets in a row
 - Once-daily
 - 5 days a week
-
- **Wrist extension with resistance**
 - Step 1** – Start with arms extended forward, and keep the arm straight and palm facing the floor.



Step 2 – Bend the wrist *downwards* by squeezing forearm muscles.



- Repeat 8-10 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Seated gripping towel**

Step 1 – Hold the rolled towel in one of the hands.



Step 2 – Squeeze the towel with moderate strength



Step 3 – Repeat it with the other hand

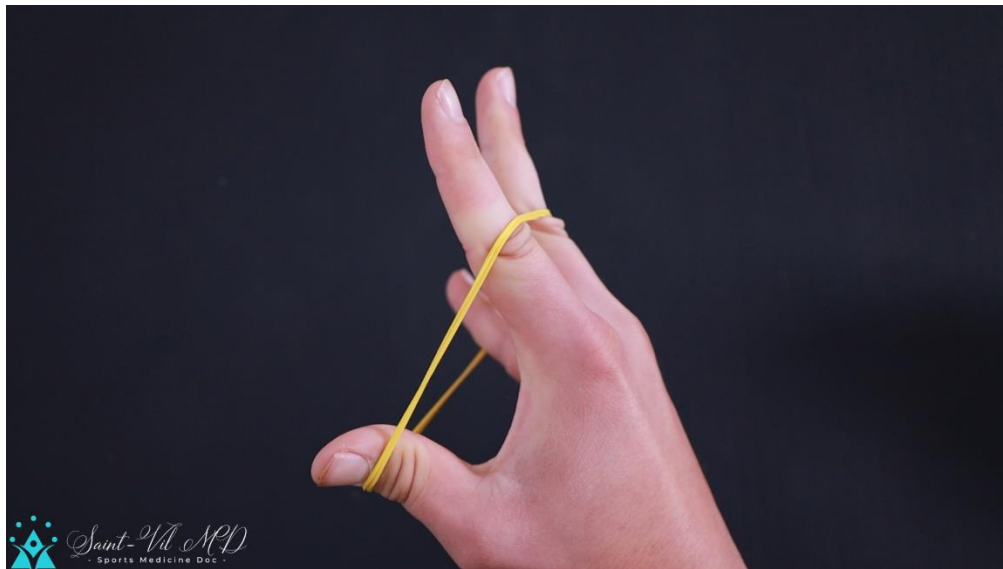
- Repeat 8-10 times
- 3 sets in a row
- It can be done multiple times a day
- 5 days a week

- **Resisted finger extension and thumb abduction**

Step 1 – Start by securing a rubber band to all four fingers and your thumb. Your hand should be cupped slightly.



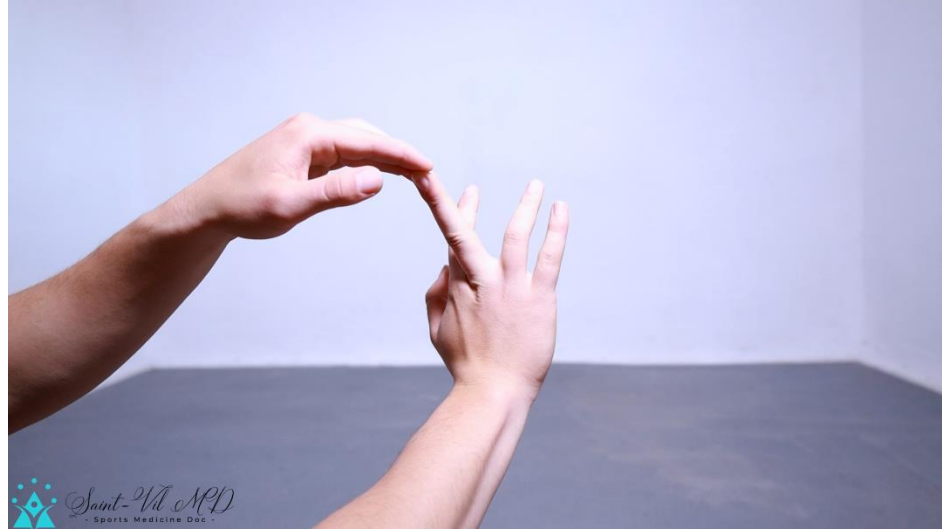
Step 2 – Spread your fingers and thumb apart gently, then gradually return to the beginning position and repeat.



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Seated single-finger extension**

Step 1 – Bend each finger individually backward with one hand. However, be careful not to overdo it.



Step 2 – Repeat it with the other hand.

- Repeat 3-5 times for each hand
- 3 sets in a row
- Once-daily
- 5 days a week

- **Resisted finger abduction – Index and small**

Step 1 – Rest your hand on the table with your palm facing downwards.



Step 2 – Abduct the index and small finger by moving them outwards. Then, if you have difficulty controlling two fingers (middle and ring fingers), you can hold them with your other hands.



- Repeat 8-10 times
- 3 sets in a row
- Once-daily
- 5 days a week

*Prepared by **Dr. Saint-Vil**
Last review and update: 08/15/2022*