

A person's hands are shown in a prayer position (Anjali Mudra) with fingers pointing upwards. The hands are positioned in front of the person's chest. The background is a soft, out-of-focus image of the person's face and upper body. The text is overlaid on the image in white and black colors.

THE

FOREARM & HAND

**STRETCH &
EXERCISE**

PATIENT HANDBOOK

THE FOREARM & HAND STRETCH & EXERCISE PATIENT HANDBOOK

The exercises in this booklet are to be performed with appropriate instruction and monitoring from a qualified health professional. This guidebook is meant to help in performing home exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate depending on your specific condition. If pain or discomfort should arise from performing any of these exercises, discontinue and consult a health care professional.

The home exercise program that has been recommended for you is a very important part of your care. Proper application of home exercises can make a considerable difference in restoring and maintaining the health of your forearm and hand. Make sure you find the time to perform the exercises that have been provided for you.

Perform the stretches that have been marked with at check

RANGE OF MOTION

- Hand Clenching
- Wrist Rotation

STRETCHES

- Wrist Flexion
- Wrist Extension
- Ulnar Deviation
- Pronation
- Supination
- Finger Press

Stretching should be done with slow and smooth motions.
Stretching should not be painful.

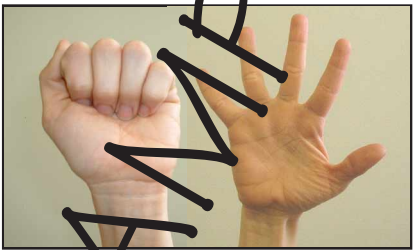
It is recommended that you warm your muscles up with light exercise before beginning your stretches.



HAND CLENCHING

Make a fist with your hand and then slowly extend your fingers apart as far as they can go. Slowly return to a clenched position. Repeat

X/day _____ Reps _____



SAMPLE

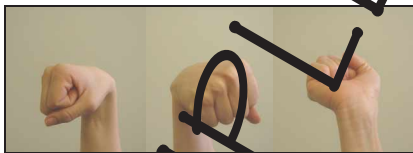
Caution: If these exercises cause discomfort, discontinue and consult a health professional.



WRIST ROTATION

Bring your hand lightly into a fist position.
Slowly rotate your wrist in a circle.

X/day _____ Reps _____



Variation - Double Wrist Rotation

Lightly clasp both hands together. Slowly rotate your wrists in a circle.

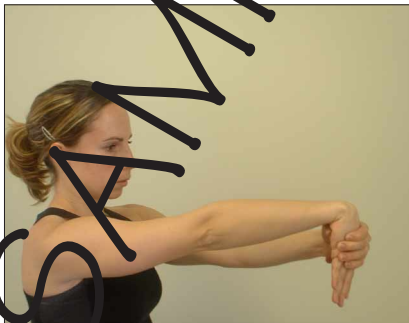


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

WRIST FLEXION (Extensor Stretch)

Stretch your right arm out in front of you with your palm facing down. Place your left hand on the back of your right. Use your left hand to lightly stretch your right wrist into flexion. You should feel the stretch down the back of your right forearm.

X/day _____ Reps _____



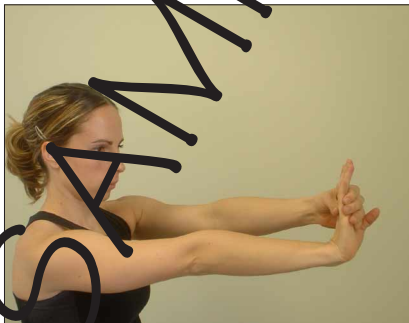
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WRIST EXTENSION (Flexor Stretch)

Stretch your right arm out in front of you with your palm facing down. Hold the fingers of the right hand in your left. Slowly extend your wrist backwards. You should feel a light stretch down the front of your right forearm.

_____/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ULNAR DEVIATION

Stretch your right arm out in front of you. With your left hand, gently bend your right hand sideways towards your pinky. You should feel a light stretch down the thumb side of your right forearm.

Hold _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



PRONATION

With your right elbow on a table turn your forearm so that you are looking at the back of your hand. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction.

X/day _____ Reps _____



SUPINATION

With your right elbow on a table turn your forearm so that you are looking at your palm. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction.

X/day _____ Reps _____

PRONATION

SUPINATION



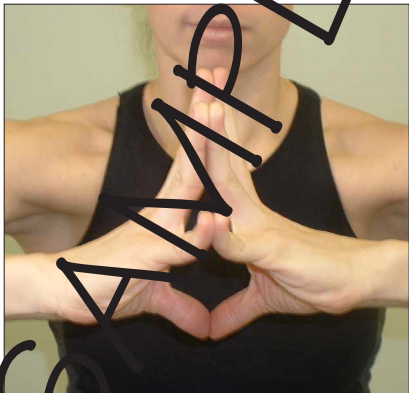
Caution: If these exercises cause discomfort, discontinue and consult a health professional.



FINGER PRESS

Place the tips of your fingers and thumbs together. Lightly push your fingers and thumbs together and then relax. Repeat.

X/day _____ Rep _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

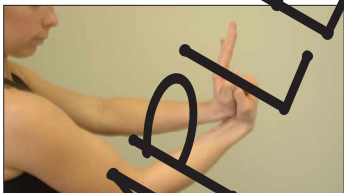
Perform the strengthening exercises that have been marked by a check

Strengthening Exercises

- Wrist Flexion
- Wrist Extension
- Ulnar Deviation
- Radial Deviation
- Hand Squeeze
- Fingertip Flexion
- Finger Extension
- Finger Pinches

WRIST FLEXION

Make a fist and flex your right wrist. Hold your wrist in this flexed position as you use your left hand to push against it. Repeat. X/day _____ Reps _____



USING WEIGHTS

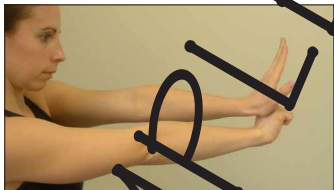
Hold a light _____ lb weight with your wrist hanging over the edge of a bench or chair. Flex your wrist fully, hold for 3 sec. and then slowly lower your wrist. Repeat. X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

WRIST EXTENSION

Make a fist and extend your right wrist. Hold your wrist in this extended position as you use your left hand to push against it. Repeat. X/day _____ Reps _____



USING WEIGHTS

Hold a light _____ lb weight with your palm facing down and wrist hanging over the edge of a bench or chair. Extend your wrist fully, hold for 3 sec. and then slowly lower your wrist. Repeat.

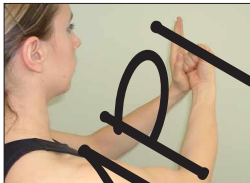
X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ULNAR DEVIATION

Make a fist with your right hand. Using your left hand as resistance, push your right hand towards the pinky side. Hold for 3 sec. and then relax. Repeat. X/day _____ Reps _____



RADIAL DEVIATION

Make a fist with your right hand. Using your left hand as resistance, push your right hand towards the thumb side. Hold for 3 sec. and then relax. Repeat. X/day _____ Reps _____



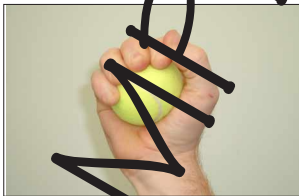
Caution: If these exercises cause discomfort, discontinue and consult a health professional.



HAND SQUEEZE

Place a soft tennis ball, racquet ball or squash ball in your palm. Squeeze the ball tightly in your palm for 3 sec. and then relax. Repeat.

X/day _____ Times _____



SAMPLE

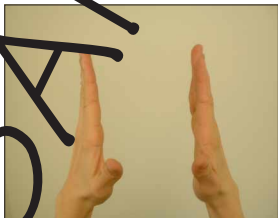
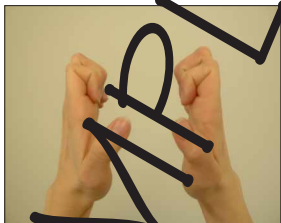
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FINGERTIP FLEXION

Starting with your hands straight, slowly flex your fingers. Bend your upper two joints only. Hold for 3 sec. and then straighten your fingers again.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

□ FINGER EXTENSION

Place an elastic band around the tips of your fingers and thumb. Pull your fingers and thumb apart using the elastic as resistance. Hold for 5 sec. then bring your fingers and thumb together to relax the tension on the band. Repeat.

Hold ——— Rep ———



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



FINGER PINCHES

Keeping your fingers straight bring the tips of your fingers and thumb together. Pinch them together and hold for 3 sec. Relax as you spread your fingers out as far as you can. Repeat.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

