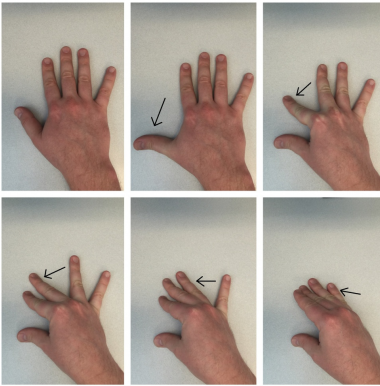




**Ball assisted wrist flexion and extension**

Place hand on top of ball, pull wrist back and then push wrist over top of the ball. Be sure to keep palm and fingers in contact with the ball throughout the exercise.

**Repeat** 15 Times  
**Complete** 3 Sets  
**Perform** 2 Times a Day



**Radial Finger Walking (Hand OA exercise 1)**

Place the hand flat with the fingers spread. Start by moving the thumb outwards. Then move each finger towards the thumb, joining the fingers together one at a time. The palm can come off the table.

**Repeat** 5 Times  
**Complete** 3 Sets  
**Perform** 2 Times a Day



**PIP/DIP Flexion "Claw" (Hand OA exercise 2)**

Start with an open hand and fingers straight. Bend the tips of the fingers ONLY at the last two knuckles, as shown in picture. Try to keep an open palm while bending the fingers.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 2 Times a Day



### Single Finger Extension (Hand OA exercise 3)

Start with the hand flat and fingers slightly spread. One at a time, starting with the thumb, lift each finger up separately.

**Repeat** 5 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 2 Times a Day



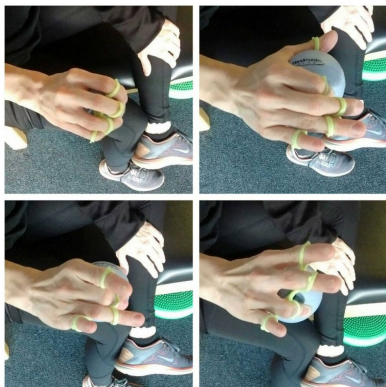
### Tennis Ball Gripping

Begin in a sitting position.

Hold tennis ball in hand and perform repeated grips.

If gripping results in pain do not grip as hard. This should be a pain free exercise.

**Repeat** 20 Times  
**Hold** 2 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



### Handmaster Exercise 1 of 3

Using the Handmaster, or a rubber ball, complete the following exercises: 1) Using all five fingers, squeeze the ball tightly holding for a brief moment before relaxing. Repeat 10 times 2) Squeeze the ball with each finger individually, holding for a brief moment before relaxing. Repeat 10 times for each finger.

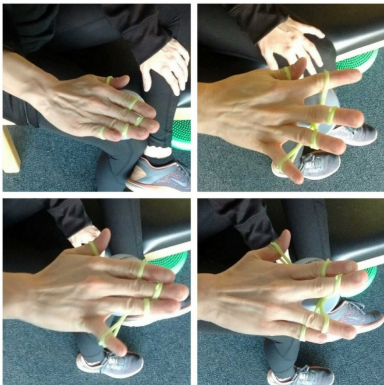
**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 2 Sets  
**Perform** 1 Times a Day



#### Handmaster Exercise 2 of 4

Using a Handmaster or a rubberband/hair tie, complete the following exercises: 1) Begin with all five fingers squeezing the Handmaster/rubber ball, then spread all five fingers out away from the ball, ending in a "High 5" position. Repeat 10 times. 2) One finger at a time, spread each finger out away from the ball. Repeat 10 times per finger.

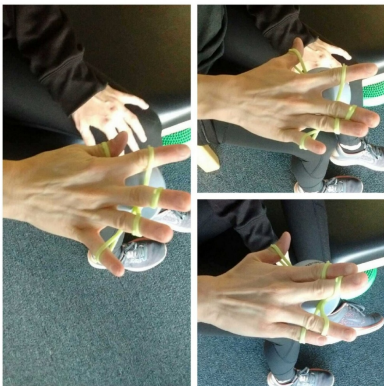
**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 2 Sets  
**Perform** 1 Times a Day



#### Handmaster Exercise 3 of 4

Using a Handmaster or rubberband/hair tie, complete the following exercise: 1) Begin with all five fingers together (top left image), and then spread all five fingers out away from one another (top right image). Repeat 10 times. 2) Begin with all five fingers together (top left image), and then spread each finger out away from the other fingers one at a time (bottom left and right images). Repeat 10 times for each finger.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 2 Sets  
**Perform** 1 Times a Day



#### Handmaster Exercise 4 of 4

Using a Handmaster or rubberband/hair tie, complete the following exercises: 1) Starting with all five fingers separated, slowly bring all five fingers together and then return to starting position. Repeat 10 times. 2) Starting with all five fingers separated, slowly bring one finger in towards the other for each finger. Repeat 10 times for each finger.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 2 Sets  
**Perform** 1 Times a Day

