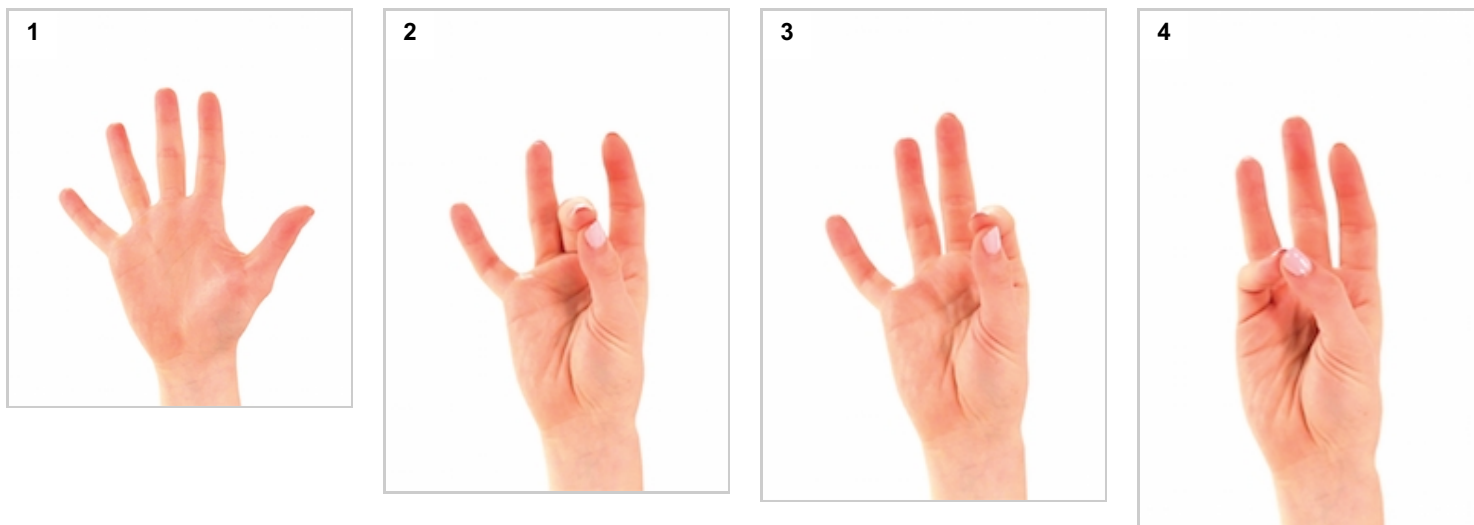


Thumb Opposition



Setup

Begin sitting with your hand in a comfortable position.

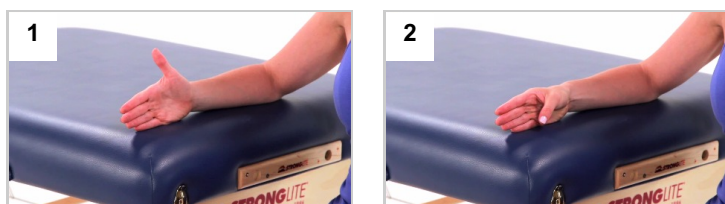
Movement

Touch the tip of your thumb together with one finger, then separate them and repeat with each of your other fingers.

Tip

Make sure to keep the rest of your arm relaxed during the movement.

Thumb Radial Adduction with Thumb Flexion AROM on Table



Setup

Begin sitting upright in a chair with your arm resting on a table, your palm facing inward, and your thumb pointing up.

Movement

Bend your thumb down across your palm, then bring it back up and repeat.

Tip

Make sure to only move your thumb during the exercise.

Finger Spreading



Setup

Begin sitting upright in a chair with your hand resting flat on a table.

Movement

Spread your fingers apart as far as is comfortable, then bring them back together and repeat.

Tip

Make sure to keep your fingers on the table during the exercise.

Seated Finger Composite Flexion Extension



Setup

Begin this exercise with your wrist and fingers straight.

Movement

Slowly bend the top two knuckles of your fingers downward. Pause, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion. Try to keep your wrist straight as you move your fingers.

Seated Thumb Circumduction



Setup

Rest your arm on a table with your elbow bent and hand straight with your thumb pointing upward.

Movement

Gently make wide circles with your thumb in one direction, then repeat the circles in the other direction.

Tip

Make sure to keep the rest of your arm still during the exercise.

Wrist Flexion AROM



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

Movement

Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to rotate your forearm during this movement.

Wrist Flexion Extension AROM with Fingers Curled and Palm Down



Setup

Begin sitting upright with your wrist and fingers over the edge of the table.

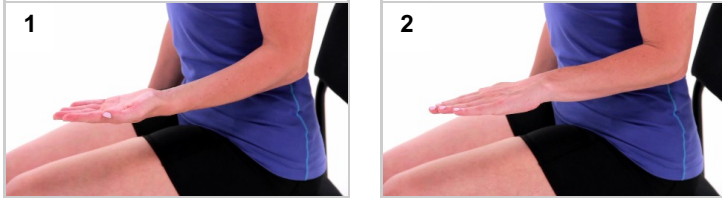
Movement

Curl your fingers into a loose fist. Slowly bend your wrist up towards the ceiling until a stretch is felt, then bend your wrist towards the floor until a stretch is felt, keeping your fingers curled.

Tip

Make sure to keep your fingers in a loose fist, and the rest of your arm relaxed during the exercise.

Seated Forearm Pronation and Supination AROM



Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.