

# Hand Exercise Chart

Daily Arthritis Management

## 1. FIST MAKER

Make a gentle fist, wrapping your thumb across the fingers. Hold for 30 seconds. Release and spread fingers wide.

**5 Reps per hand**

## 2. FINGER LIFT

Place hand flat on a table. Lift each finger one by one off the table, then lower slowly. Keep palm flat.

**10 Reps each finger**

## 3. THUMB STRETCH

Reach your thumb across your palm to touch the base of your pinky finger. Hold for 5 seconds.

**10 Reps per hand**

## 4. THE 'O' SHAPE

Curve all fingers inward until they touch the thumb, forming an "O" shape. Hold for 5 seconds.

**10 Reps per hand**

## 5. FINGER BEND

Bend your thumb toward your palm. Then bend each finger toward the palm one at a time.

**5 Full Cycles**

## 6. WRIST STRETCH

Hold your arm out, palm facing down. Use the other hand to gently press the hand downward toward the floor.

**30 Second Hold**

Perform these exercises slowly and stop if you feel sharp pain. Consult a therapist for personalized guidance.

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