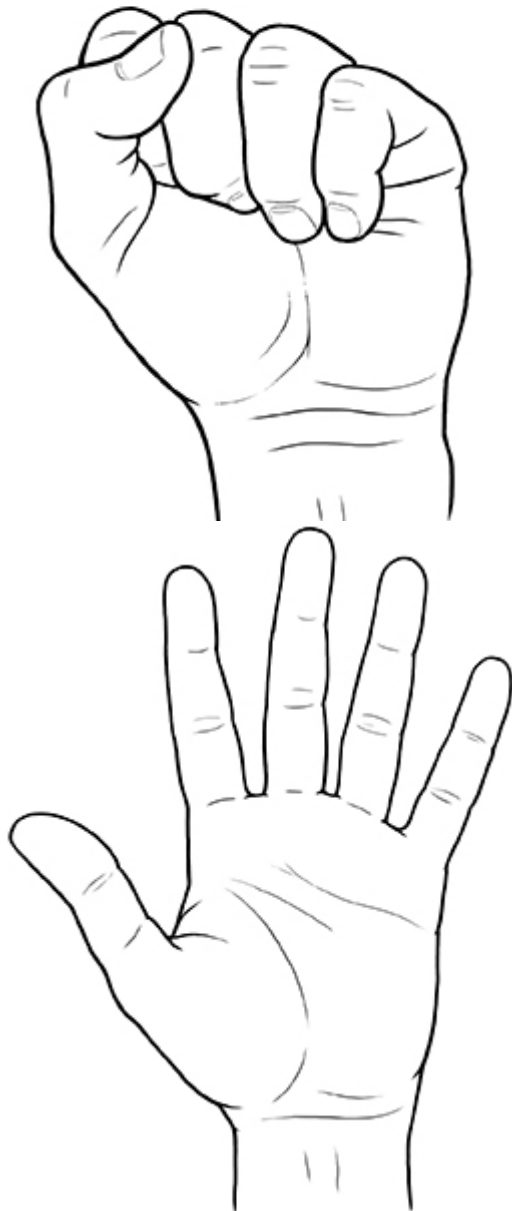


Hand and Wrist Exercises: Finger Grip and Release



This exercise stretches and strengthens your hands and wrists. Before starting, read through all the instructions. While exercising, breathe normally. If you feel any pain, stop the exercise. If the pain persists, contact your healthcare provider.

- Make a tight fist. (Or you can grasp a sponge or ball.) Hold for _____ seconds. Then relax.
- Spread your fingers as far apart as possible. Hold for _____ seconds. Then relax.
- Repeat _____ times for each hand. Do _____ sets a day.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.