



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.

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Perform the stretches that have been marked with a 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 up your muscles with light exercise before beginning your stretches.

**HAND CLENCHING**

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

X/day \_\_\_\_\_ Reps \_\_\_\_\_

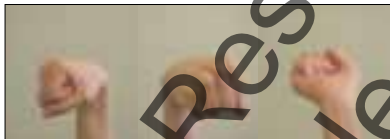


**Caution:** If these exercises cause discomfort, discontinue and consult a health professional.

**WRIST ROTATION**

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

X/day \_\_\_\_\_ Reps \_\_\_\_\_

**Variation - Double Wrist Rotation**

Lightly clasp your hands (fingers interlaced).  
Slowly rotate your wrists.



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discontinue and consult a health professional.

**WRIST FLEXION** (Extensor Stretch)

Stretch out your right arm 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 out your right arm 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.

X/day \_\_\_\_\_ Reps \_\_\_\_\_

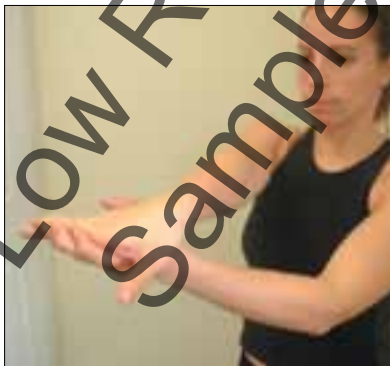


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**ULNAR DEVIATION**

Stretch out your right arm 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.

X/day \_\_\_\_\_ Reps \_\_\_\_\_



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**PRONATION**

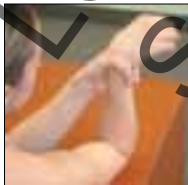
With your right elbow on a table, turn your forearm so that you are looking at the back of your hand. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction. X/day \_\_\_\_\_ Reps \_\_\_\_\_

 **SUPINATION**

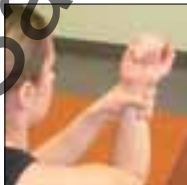
With your right elbow on a table, turn your forearm so that you are looking at your palm. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction.

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 and then relax.

X/day \_\_\_\_\_ Reps \_\_\_\_\_



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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 Pinches
- Finger Extension

## WRIST FLEXION

Make a fist with your right hand. Using your left hand as resistance, flex your right hand towards your body. Hold for 5 sec. then relax.

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.

X/day \_\_\_\_\_ Reps \_\_\_\_\_

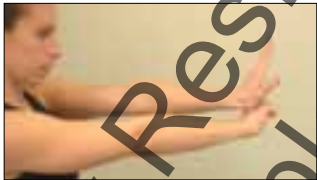


**Caution:** If these exercises cause discomfort, discontinue and consult a health professional.

## WRIST EXTENSION

Make a fist with your right hand. Using your left hand as resistance, extend your right hand back towards your body. Hold for 5 sec. then relax.

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.

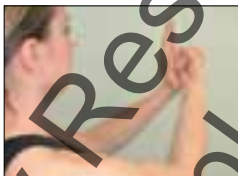
X/day \_\_\_\_\_ Reps \_\_\_\_\_



**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 5 sec. and then relax. 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 5 sec. and then relax. X/day\_\_\_\_ Reps\_\_\_\_

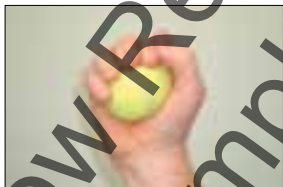


**Caution:** If these exercises cause discomfort, discontinue and consult a health professional.

## HAND SQUEEZE

Place a soft tennis ball, racquet ball, or squash ball in your palm. Squeeze the ball tightly in your palm for 5 sec. and then relax.

X/day \_\_\_\_\_ Reps \_\_\_\_\_

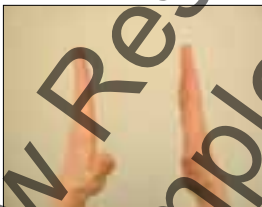


**Caution:** If these exercises cause discomfort, discontinue and consult a health professional.

## FINGERTIP FLEXION

Starting with your hands straight, slowly flex your fingers. Bend your upper two joints only. Hold for 5 sec. and then straighten your fingers again.

X/day  → Reps



**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 5 sec. Relax as you spread your fingers out as far as you can.

X/day \_\_\_\_\_ Reps \_\_\_\_\_



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## 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.

X/day \_\_\_\_\_ Reps \_\_\_\_\_



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

Additional Notes:

Low Res.  
Sample

Low Res.  
Sample