



# COMPREHENSIVE SPINE CENTER OF DALLAS

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## FINGER AND HAND ROM STRETCH



### THUMB OPPOSITION COMBO

Start with an open palm and fingers extended.

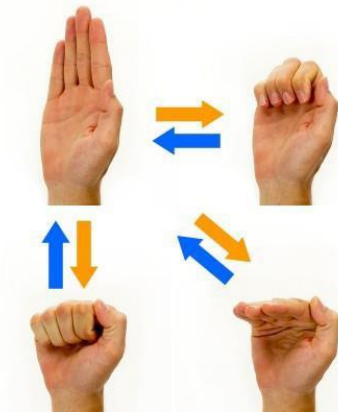
Next, touch the tips of the first and second fingers. Then return to open palm.



Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 6 Times a Day



### TENDON GLIDES

Perform the following series of movements with your hand.

Start with an open palm and then bend your fingers to a claw hand as in the upper right image. Next, return to an open palm and then to an "L" hand" as shown in the bottom right image. Next, return to an open palm and then make a fist as in the bottom left image. Finally, return to an open palm and then repeat the series.

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 6 Times a Day

**BALL SQUEEZE**

With an elastic ball, firmly squeeze it in the palm of your hand.



Repeat 20 Times

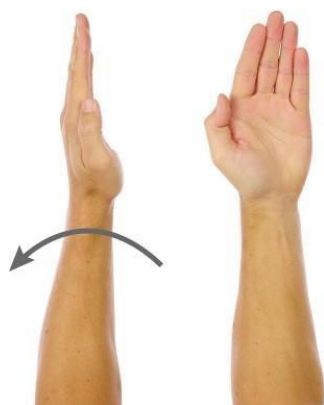
Complete 3 Sets

Hold 5 Seconds

Perform 6 Times a Day

**WRIST SUPINATION - NEUTRAL TO SUPINATED**

Start with the palm of your hand pointing to the side and then rotate your hand and forearm so that the palm of your hand points upward. Return to starting position and repeat.



Keep your elbow bent and by the side of your body.

Repeat 10 Times

Complete 10 Sets

Hold 10 Seconds

Perform 3 Times a Day

**WRIST ULNAR DEVIATION**

Bend your wrist towards the little finger side and then return.



Repeat 10 Times

Complete 3 Sets

Hold 5 Seconds

Perform 3 Times a Day



### WRIST RADIAL DEVIATION

Bend your wrist towards the thumb side and then return.

Repeat 10 Times

Complete 3 Sets

Hold 5 Seconds

Perform 3 Times a Day



### Wrist Flexion and Extension PROM

Keeping your elbow straight, use your unaffected hand to bend the affected wrist downward as shown. Hold this stretch for 30 seconds.

Still keeping your elbow straight, use your unaffected hand to bend the wrist upward as shown. Hold this stretch for 30 seconds.

Repeat 2 Times

Complete 3 Sets

Hold 30 Seconds

Perform 3 Times a Day

### HAND PUMPS

Hold your hand up as shown. Open and close your hand into a fist and repeat. If you cannot make a full fist, then make a partial fist. This can help with reducing swelling and stiffness.



Repeat 10 Times

Complete 3 Sets

Hold 10 Seconds

Perform 3 Times a Day