**Hand, Wrist, and Elbow Program**

Complete _ sets of _ repetitions _ times a day.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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</table>
| *Place putty in palm.*  
*Squeeze putty with fingers as shown.* | Begin with hands in front, fingers straight and spread apart.  
*Close hands into fist, then open and spread.*  
*Touch the tip of your thumb to the tip of your index finger.*  
*Open hand and relax.*  
*Repeat each finger with thumb.*  
*Begin with hands in front, fingers straight and spread apart.*  
*Close hands into fist, then open and spread.*  
*Touch the tip of your thumb to the tip of your index finger.*  
*Open hand and relax.*  
*Repeat each finger with thumb.* | *Rotate thumb in circles.*  
*Move thumb away from palm and return.*  
*Begin with fingers straight and together.*  
*Bend at MP joints, keeping fingers straight, as if waving.* |
| *Begin with hands in front, fingers straight and spread apart.*  
*Close hands into fist, then open and spread.*  
*Touch the tip of your thumb to the tip of your index finger.*  
*Open hand and relax.*  
*Repeat each finger with thumb.*  
*Begin with hands in front, fingers straight and spread apart.*  
*Close hands into fist, then open and spread.*  
*Touch the tip of your thumb to the tip of your index finger.*  
*Open hand and relax.*  
*Repeat each finger with thumb.* | *Flatten putty on table.*  
*Spread fingers and place on putty.*  
*Curl fingers and bring together as shown.*  
*Flatten putty on table.*  
*Place fingers in putty, fingers bent.*  
*Press fingers into putty and push out, straightening fingers.*  
*Form putty into a roll and cross over thumb.*  
*Hold putty in palm.*  
*Lift thumb up as shown.* | *Roll putty into a long roll.*  
*Pinch putty down its length, alternating thumb and index, thumb and middle, etc.* |
| *Place thumb of one hand across base of fingers as shown.*  
*Bend fingers downward, keeping fingers straight.*  
*Begin with fingers and thumb straight and together as shown.*  
*Bend top two joints of fingers and thumb toward the palm.* | *Grasp fingers of one hand with the other hand.*  
*With elbow bent, pull back hand gently as shown.*  
*Grasp fingers of one hand with the other hand.*  
*With elbow straight, pull back hand gently as shown.*  
*Begin with elbow bent.*  
*With other hand, grasp at thumb side of hand and bend wrist downward.*  
*Begin with elbow straight.*  
*With other hand, grasp at thumb side of hand and bend wrist downward.*  
*Stand, arm at side, elbow bent to ninety degrees, palm down.*  
*Rotate elbow/forearm palm up through available range.* |
*Place forearm on table with hand off edge of table, palm up, as shown.  
*Move hand upward.

*Place forearm on table with hand off edge of table, table as shown.  
*Move hand upward as shown.

*Support forearm on table, or knee, thumb upward  
*Move wrist up and down as shown.

*Hold putty in hands as shown, palms down.  
*Support forearms.  
*Move hands outward.

*Stand, arm at side, elbow bent to ninety degrees, palm down.  
*Move wrist in circular motions through available range.  
*Place involved hand palm down on table.  
*Place palm of other hand on top of fingers.  
*Gently press down, straightening fingers.

*Support forearm on table, as shown.  
*Hold weight in hand thumb up.  
*Lift weight upward.

*Support forearm on table.  
*Position hand palm up with weight in hand as shown.  
*Rotate hand to thumb up.

*Place forearm on table thumb up.  
*Hold weight in hand.  
*Use other hand to raise wrist fully upward.  
*Release wrist and slowly lower weight.

*Support arm on table.  
*Position hand palm down holding weight as shown.  
*Rotate hand to thumb up.

*Begin with arm at side, elbow straight, palm up.  
*Bend elbow upward.

*Slightly bend hips and knees and support upper body with other arm as shown.  
*Lift arm up, raising elbow to shoulder height.

*Stand, leaning over chair or table, arm back, elbow bent as shown.  
*Straighten elbow through available range.

*Lie on back.  
*Raise arm overhead, elbow bent, as shown.  
*Straighten arm.

*Place hand on table.  
*Keep elbow straight.  
*Lean forward, keeping palm on table, until a gentle stretch is felt.