Exercises for the Hands and Arm

**General Instruction**
1) Do each exercise 10 times.
2) Do exercises at least twice a day.
3) Do exercises *slowly* and gently.
4) Do NOT push any joint past where it hurts. Go slowly until you feel it stretching, then stop.

**Clasp hands**
1. Clasp hands (weak thumb on top), straighten elbows and raise arms over your head

![Clasp hands image]

**Cradle**
1. Cradle your weak arm with your strong arm and lift up.

![Cradle image]
2. With the weak arm still cradled on the strong arm, push to the right, then left (Rock the Baby).

3. Keeping your elbow at your side, move your forearm from your waist out to the side (Open the Gate).

**Clasp Hands**
4. Clasp hands; bend your elbow so your weak hand tries to touch your shoulder.
5. Clasp hands (weak thumb on top) turn weak hand palm up then palm down.

6. Holding your hand, move it up and down by bending the wrist. (You should see wrinkles over your wrist when you bend up and they should disappear when you bend down).

7. Holding the tip of your thumb, bend the thumb to the base of the little finger, and then straighten it.
8. Stretch the space between your thumb and index finger with your other hand.

9. Bend the tip of each finger to touch the middle of your palm. Then straighten that finger. Do one finger at a time.

If you have any questions, call Bronson Rehabilitation Services at (269)245-8125.