

Patient Education

Occupational Therapy



Six Hand Exercises

“6-pack”

This handout describes
6 exercises that will
increase the function and
coordination in your
hands.

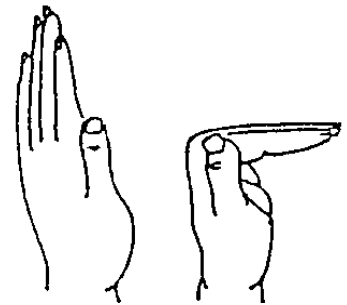
Do each exercise:

_____ times

_____ times every day

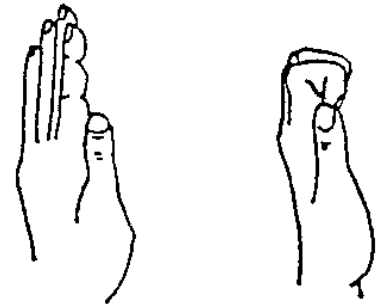
Exercise #1

Make a “tabletop” with your fingers:
Keep your wrist and the end and middle
joints of your fingers straight. Only
bend at the base joints (your knuckles).



Exercise #2

Keep your base joints (knuckles)
and wrist straight. Bend and then
straighten the end and middle
joints of your fingers.



Exercise #3

1. Make a fist. Bend each joint as much as possible.
2. Straighten your fingers as much as possible.



Step 1



Step 2

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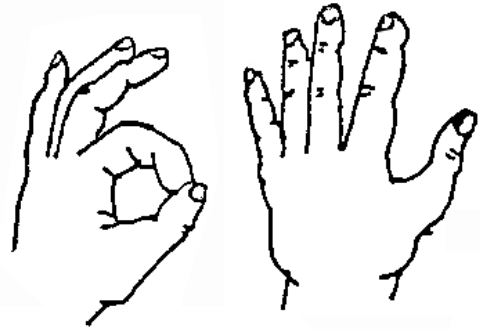
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:
206-598-4830

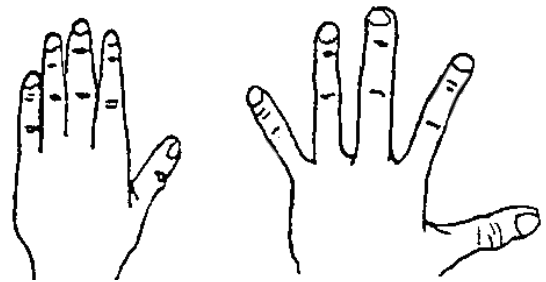
Exercise #4

Make an “O” by touching your thumb to your fingertips, one at a time. Open your hand wide after making each “O.”



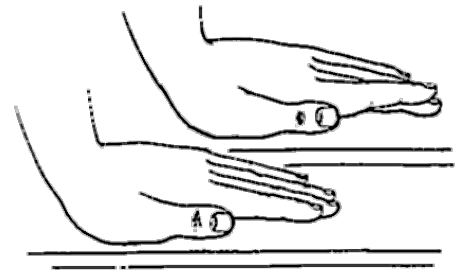
Exercise #5

Rest your hand on a flat surface, with your palm facing down. Spread your fingers wide apart, and then bring them together.



Exercise #6

Rest your hand on a flat surface, with your palm facing down. Raise and lower each finger, one at a time.



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