

Strengthening Exercises

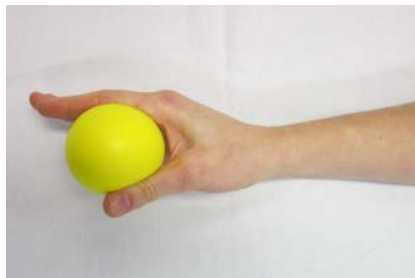
Hand Exercises – Squeeze Ball

Complete each exercise with your wrist straight.

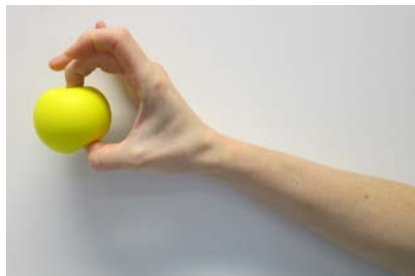
- Grip and squeeze the ball in your hand.



- Place the ball between your thumb and index finger. Squeeze the ball by bringing your thumb in towards your index finger.



- Pinch the ball between your thumb and each fingertip.



- Squeeze the ball between your fingers and thumb (knuckles bent and fingers straight).



Wrist Exercises

These exercises can be completed with a:

- small hand weight 1kg - 5kg
- shopping bag with 500g - 2kg in it (e.g. rice or canned food).

With the weight in your hand, rest your arm on the edge of a table or armrest with your wrist and hand free to move and keep your forearm still.

- Palm facing up – bend your wrist up as far as it can go, relax and bend your wrist down. Ensure your wrist does not bend to one side.



- Palm facing down – bend your wrist up as far as it can go, relax and bend your wrist down. Ensure your wrist does not bend to one side.



Regime

_____ of each exercise

_____ second hold

_____ times per day.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100