

## Exercises to Improve Grip Strength and Hand Health

Perform the strength exercises two to three times a week with 48 hours of rest in between sessions. The number of sets recommended for these exercises can also be spaced throughout the day.

**Towel wringing** – This exercise can be conveniently incorporated into your shower routine. Wet a towel with water and wring it dry. Make sure to perform the wringing motion in both directions.



**Band Finger Extensions** – Complete Two sets of 8 to 12 reps per hand

- Slip all five fingers into an Expand-Your-Hand Band or a thick rubber band so that the band is at about the height of your fingernails. <http://www.ironmind.com/product-info/grip-strength-training-tools/Expand-Your-Hand-Bands/>
- Maintaining concentration and continuous tension, extend all five fingers outward. Hold the extended position for 1-2 full seconds, slowly release the tension and relax.



**Stress Ball Squeeze**



- This exercise can make it easier to open door knobs and hold things without dropping them.
- Hold a soft “stress” ball in your palm and squeeze it as hard as you can.
- Hold for a few seconds and release.
- Repeat 8 to 12 times on each hand. ***Avoid this exercise if your thumb joint is damaged.***

**Pinch Strengthener**



- This exercise helps strengthen the muscles of your fingers and thumb. It can help you turn keys, open food packages, and use the gas pump more easily.
- Pinch a soft foam ball or some putty between the tips of your fingers and your thumb.
- Hold for 30 to 60 seconds.
- Repeat 8 to 12 times on both hands. ***Avoid this exercise if your thumb joint is damaged.***

**Farmers Carry**  
(Not Pictured)

This exercise simulates carrying grocery bags or luggage. It can be incorporated as a part of a current strength training routine

- Stand with tall posture holding two heavy dumbbells or kettlebells by your side.
- Shoulders should be down and back with arms tight against body.
- Walk for a distance of 20-30 steps
- Complete 2-4 sets (depending on your level of conditioning)

**STRETCHING** – The following exercises help to ease tightness and tension in the forearms. Stretches Can be performed most days of the week and can be helpful when taking work breaks from typing.

**Wrist Flexion Stretch**



- Extend your arm out in front of you with your fingers either up.
- Gently use your other hand to bend your fingers towards you.
- Hold for 15-30 seconds.
- You will feel a stretch on the inside of your forearm.

**Wrist Extension Stretch**



- Extend your arm out in front of you with your hand facing the floor.
- Gently use your other hand to bend hand towards the floor.
- Hold for 15-30 seconds.
- You will feel a stretch on the top of your forearm.