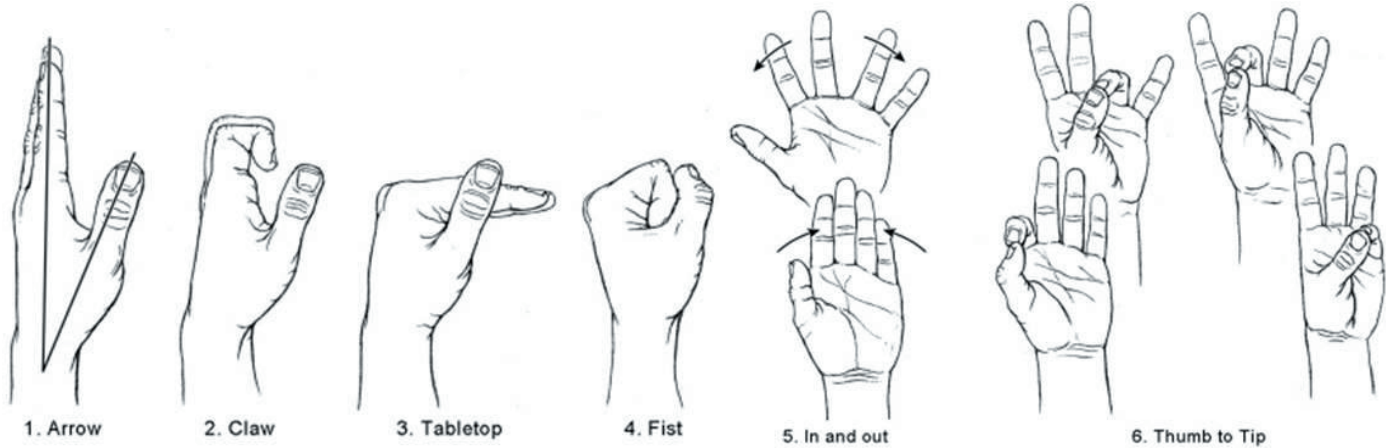




GOLDEN STATE ORTHOPEDICS & SPINE

HAND EXERCISES



HAND 6-PACK EXERCISES

1. ARROW – PLACE FINGERS TOGETHER AND KEEP THEM STRAIGHT AND IN-LINE WITH THE WRIST. MOVE THE THUMB OUT AWAY FROM THE FINGERS

2. CLAW – KEEP KNUCKLES AND WRIST STRAIGHT. BEND AND STRAIGHTEN THE FINGERS ONLY

3. TABLE TOP – MAKE A TABLE TOP WITH YOUR FINGERS BY BENDING AT THE KNUCKLES WHILE KEEPING YOUR FINGERS AND WRIST STRAIGHT

4. FIST – MAKE A FIST AND OPEN. MAKE SURE THAT ALL JOINTS ARE BENDING AS MUCH AS POSSIBLE

5. IN & OUT – PLACE HAND ON FLAT TABLE, PALM DOWN. SPREAD THE FINGERS AS FAR AS THEY WILL GO AND BRING THEM BACK TOGETHER

6. THUMB TO TIP – TOUCH THE TIP OF EACH FINGER TO THE TIP OF THE THUMB AND REPEAT

PERFORM THESE EXERCISES 3X PER DAY.

PERFORM 3 SETS OF 10 REPS FOR EACH EXERCISE