

FOREARM & HAND:

Patient Stretch and Exercise Guide



Forearm and Hand stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.

Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams.

Contact Dr Leipold's office at if you have problems or questions. You can reach the front office by dialing 828-575-9631.

Wrist Flexion with Weights



Hold a light weight with your wrist hanging over the edge of a chair. Flex your wrist fully, hold for 3 seconds and then slowly lower your wrist.

Wrist Extension with Weights



Hold a light weight with your palm facing down and wrist hanging over the edge of a chair. Extend your wrist fully, hold for 3 seconds, and then slowly lower your wrist.

Finger Extension



Place an elastic band around the tips of your fingers and thumb. Pull your fingers and thumb apart using the elastic as resistance. Hold for 5 seconds then bring your fingers and thumb together to relax the tension on the band

Radial Deviation



Make a fist with your right hand. Using your left hand as resistance, push your right hand towards the thumb side. Hold for five seconds then relax.

Fingertip Flexion



Starting with your hands straight, slowly flex your fingers. Bend your upper two joints only. Hold for 5 seconds then straighten and repeat.

Finger Pinches

Keeping your fingers straight, bring the tips of your fingers and thumb together. Pinch them together and hold for 5 seconds. Relax as you spread your fingers as far as you can.



Finger Press

Place the tips of your fingers and thumbs together. Lightly push and then relax



Ulnar Deviation

Stretch out your left arm in front of you. With your right hand, gently bend your left hand sideways towards your pinky. You should feel a light stretch down the thumb side of your left forearm. Repeat with opposite way.



Pronation

With your elbow resting on a table, turn your forearm so that you are looking at the back of your hand. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction. Repeat on opposite arm.



Supination

With your right elbow resting on a table, turn your forearm so that you are looking at your palm. Wrap your left hand around your right forearm just beneath your right wrist. Lightly twist your forearm a little further in the same direction. Repeat with opposite arm.



Wrist Flexion



Stretch out your right arm in front of you with your palm facing down. Place your left hand on the back of your right. Use your left hand to lightly stretch your right wrist into flexion. You should feel the stretch down the back of your right forearm.

Wrist Extension

Stretch out your right arm in front of you with your palm facing down. Hold the fingers of your right hand in your left. Slowly extend your wrist backwards. You should feel a light stretch down the front of your right forearm.



Hand Clenching



Make a fist with your hand and then slowly spread your fingers as far as they can go. Slowly return to a clenched position

Wrist Rotation



Bring your hand lightly into a fist position. Slowly rotate your wrist.

Double Wrist Rotation

Do the same as above with fingers interlaced lightly. Slowly rotate your wrists in a circular motion.

