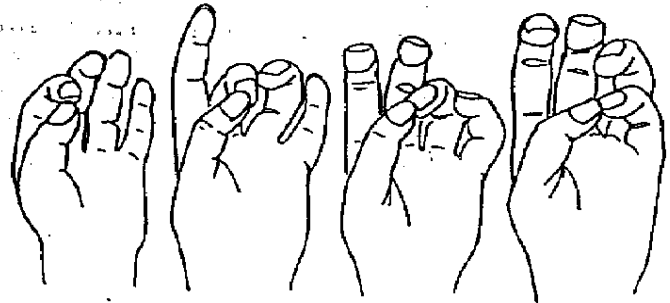


OCCUPATIONAL THERAPY
ARTHRITIS HAND EXERCISES

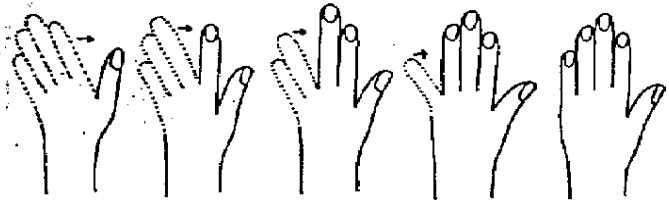
1. Close hand into a fist, thumb on top of fingers. Open hand as wide as possible, spreading fingers apart.



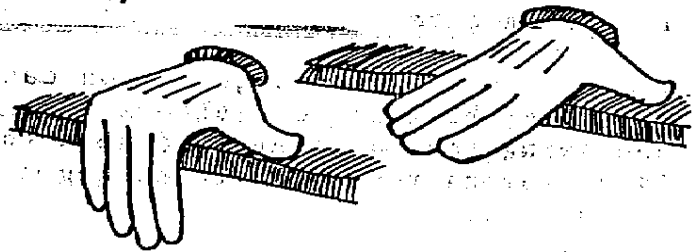
2. Make an "O" by touching thumb to fingertips, one at a time.



3. Place palm flat on table. Hold thumb with other hand (to keep it from moving). Slide each finger individually towards the thumb.



4. Place palm flat on the edge of a table or on a book with fingers over the edge, bend at the knuckles, raise and lower fingers.



5. Palms together, outstretched in front of chest, draw hands in towards body carrying elbows outward. Keep palms together all the time.

