

# Exercises for healthy hands



## Making a hook fist

Start with fingers and knuckles straight, then bend the middle tip of your finger. Think of the shape you make when carrying a plastic bag.



## Making a full fist

Start with your fingers straight. Make a tight fist, then return to the start position.



## Wrist extension and flexion

Start with your forearm and wrist hanging over the edge of a table. Lift your hand whilst keeping your fingers relaxed. Hold for a few seconds then return to the start position.



## Finger abduction and adduction

With your hand flat on a table, spread your fingers apart as far as comfortable. Then bring them back together as close as possible.



## Thumb abduction and adduction

Move your thumb away from your hand. Then bring it back as close to your hand as possible.



## Thumb opposition

Touch the tip of your thumb to the tip of each finger. Make an "O" shape between your thumb and each finger in turn.

### Important safety notice: exercise with caution

These exercises may not be suitable for you.

Consult a health professional before beginning each exercise if you are unsure.

Seek medical assistance if you feel any new or increasing pain, or if you feel dizzy, clammy, or short of breath.

---

## Contact us

**Website:** [liveup.org.au](http://liveup.org.au)

**Email:** [support@liveup.org.au](mailto:support@liveup.org.au)

**Phone:** 1800 951 971

**Facebook:** [facebook.com/LiveUpAus](https://facebook.com/LiveUpAus)

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.