Free guide

Hand and Finger

LIVE BETTER. MAKE LIFE MATTER.

Small hand movements you can do seated. This is not care for a joint condition.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Stop for pain, swelling, or numbness. These movements are not treatment for arthritis or an injury.

These guides are not treatment.

Time

About 10 minutes, with rests.

Rest whenever you want. You do not have to finish every part.

Open and close

Open the hand, then make a soft fist. Keep the movement easy.

How much: 8 times each hand.

An easier way: Do 4 times with one hand only.

Finger spread

Spread the fingers, then bring them back together.

How much: 6 times each hand.

An easier way: Do 3 smaller spreads.

Thumb touches

Touch the thumb to each fingertip, one finger at a time.

How much: 1 round each hand.

An easier way: Skip any finger that hurts.

Wrist circles

Circle the wrist slowly one way, then the other.

How much: 6 each way, each wrist.

An easier way: Do 3 small circles.

Rest

Rest the hands on the lap, or shake them gently.

How much: 4 easy breaths.

An easier way: Rest as soon as you want to.

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https://www.lifezoi.com/academy/move/resources/guides/hand-and-finger

Sources linked, not copied

Hand Grip Strength Exercise for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=kgqIdCwVivE

Exercise for Older Adults (MedlinePlus)

https://medlineplus.gov/exerciseforolderadults.html

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.