

Arthritis Hand Exercises

Research shows that exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.



Relieve Hand Arthritis

OPEN & CLOSE FINGERS



12 REPS
2 SETS

FIST & RELEASE



12 REPS
2 SETS

FINGER TAPS



12 REPS
2 SETS

FINGER BEND



12 REPS
2 SETS

HAND ROLL



12 REPS
2 SETS

THUMB BEND



12 REPS
2 SETS

RUBBER BAND STRENGTH



12 REPS
2 SETS

WRIST STRETCH



HOLD FOR
30 SEC

Arthritis Adaptations

Trying to do everyday tasks around the house can be difficult if you have arthritis. Even small things like holding a utensil can cause great discomfort. In order to combat these issues, try to incorporate these adaptations into your normal routines.

ARTHRITIS ADAPTATIONS

joint protection

