

Warm Up & Cool Down Stretches

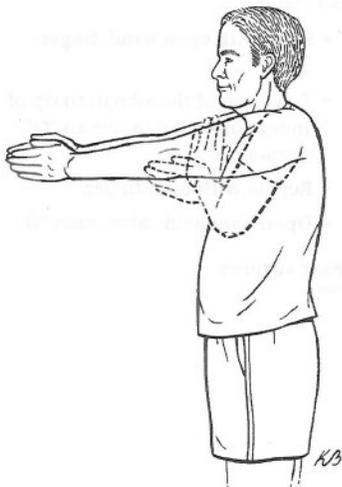
Wrist Bend (flexion and extension)

Purpose: ROM

- Sit or stand with elbows tucked to sides and palms facing down.
- Bend wrist up.
- Hold 3 seconds.
- Bend wrist down.
- Hold 3 seconds.

! PRECAUTIONS

- Numbness of wrist or fingers



Wrist Stretch (extension)

Purpose: ROM, ADL— Pushing down on chair arms to come to a standing position

- Sit or stand with palms together and arms straight out in front.
- Keeping palms together, pull hands in toward chest and point hands up toward ceiling.
- The elbows will go out to the side.
- Hold for four seconds.

! PRECAUTIONS

- Shoulder joint surgery

Thumb bend (thumb flexion)

Purpose: ROM, ADLs—Grasping, picking up objects

- Open hands, fingers relaxed.
- Reach thumb across palm toward base of middle or ring finger.
- Hold 3 seconds.
- Move thumb out again.

! PRECAUTIONS

- None



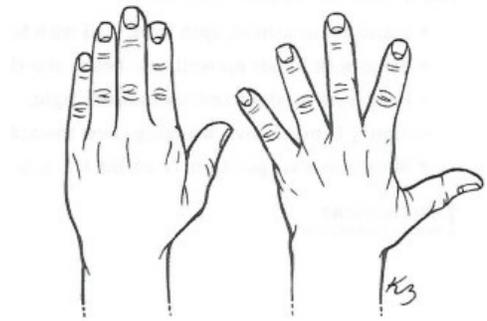
Finger Spread (finger abduction, adduction)

Purpose: ROM, Strength

- Rest palms on thighs or table.
- Spread fingers apart.
- Move fingers back together.

! PRECAUTIONS

- None



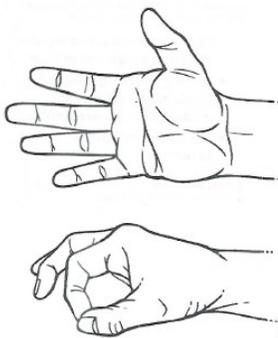
Cat's Claw (intrinsic)

Purpose: ROM, Strength, ADL– Maintain grasp.

- Sit or stand.
- Open hand wide.
- Bend fingertips and thumb toward the base of fingers.
- Keep large knuckles straight.
- Hold 6 seconds.

! PRECAUTIONS

- None



Finger O (opposition)

Purpose: ROM, ADLs– Grasping, picking up objects

- Start with open hand, fingers apart.
- Touch tip of thumbnail to tip of index finger (make an "O" shape).
- Repeat with each finger.
- Open hand wide after each "O".

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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

Exercises from the *Arthritis Foundation Program Exercise Manual*.