

## Hand Arthritis Movements

Massage Palm

Hand Massage

Pull (Traction) Finger and Move Side to Side

Wrist Down

Wrist to Sides

Fingers Up & Down at Knuckles

Fingers to Thumb

Curl Fingers into Fist

Fist Squeeze to Finger Spread

Laced Fingers Hand Squeeze (switch thumbs)

Hand Push Down

Fist Push Down

Fingertips - Flatten Palms - Lift Elbows

De Quervain or Texting Thumb Hold (tendon at base of thumb at wrist)

Move Thumb Up & Down and Side to Side