

# Hand Exercises



## Key Grip with Towel (Lateral Prehension Grip)

Make a "thumbs up" sign with your hand (fingers curled into a fist with thumb pointed toward the ceiling). Place a folded hand towel between your thumb and the top side of your first finger (the same way you would pinch a key). Squeeze the towel between your thumb and side of your first finger, hold as directed, then relax and repeat.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

Video # VVPYRTSQC



## Putty Lateral Pinch

With your hand on its side and fingers in a fist, place the putty between your thumb and the side of your index finger. Pinch the putty as you would if you were holding key.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



## Three Jaw Chuck Pinch

Using your thumb, index and middle finger, pull putty upwards

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



## Palmar Pinch Putty Exercise

Pinch putty with thumb and each fingertip in turn. Repeat this motion with each finger by pinching putty until it is thin in between fingertips and can not be pinched any further.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



**PUTTY GRIP**

Place putty in your hand and squeeze it firmly and slowly. Reshape it and repeat.

Video # VV3SDJHXE

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



**PUTTY THUMB FLEXION**

Press your the tip of your thumb into the putty as shown.

Video # VV9JFQZTC

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

### Hand Adaptive Equipment



Foam tubing, Built up Utensils, Foam Tube Grip, Cylindrical Foam, Silverware f...  
**8 Piece Assortment**

★★★★★ ~ 400  
400+ bought in past month

\$11<sup>99</sup> (\$11.99/Count)



Keywing Key Turner Aid 3 Pack. Makes Keys so Much Easier. Perfect for Rheumatoid Arthritis, MS or Parkinsons Gift, Elderly...

★★★★★ ~ 1,126

\$14<sup>99</sup>



Dycem 54645 Non-Slip Self Adhesive Strips Mat,

★★★★★ ~ 9

\$17<sup>45</sup>



Dycem - 50-1503B Non-Slip Material Roll, Blue, 8" X 16 yd

★★★★★ ~ 1



Premium Mezzaluna Knife - Sharp Stainless Steel Rocker Knife with Cover - Pizza Slicer, Mezzaluna Chopper, Vegetable...

★★★★★ ~ 96

200+ bought in past month

\$9<sup>99</sup> List: \$11.97



Jar Opener Bottle Opener and Can Opener for Weak hands, Seniors with Arthritis and Anyone with Low Strength, Mu...

★★★★★ ~ 2,033

3K+ bought in past month

\$6<sup>99</sup> List: \$9.99

### Hand Joint Protection Techniques

- If you have arthritis or pain in your hands, try these joint protection techniques to decrease pain and preserve joint integrity.
  1. Avoid tight grips or gripping for long periods
    - a. Gripping tightly will increase your pain and may damage your joints further. It is better to avoid it. Your therapist will discuss ways with you such as:
    - b. Using thicker or padded pens for writing.
    - c. Resting books on a table or book rest.
    - d. Using a chopping board with spikes to hold vegetables.
    - e. Using non-slip mats under bowls to hold them.
    - f. Allowing hand washing to drip-dry rather than wringing it out.
    - g. Relaxing your hands regularly during activities such as knitting or writing.
  2. Use one large joint or many joints
    - a. Stronger muscles protect large joints so it is better to use large joints where possible, or try to spread the force over many joints.
    - b. Use the palms of your hands and not your fingers when you carry plates or dishes.
    - c. When standing up from a chair, try to rock gently forward and use your leg muscles to stand up rather than pushing from your knuckles or wrists.
    - d. Carry light bags from a strap on your shoulder rather than your hands.
    - e. Use your bottom or hips to close drawers or move light chairs.
    - f. Use your forearms to take the weight of objects when carrying, not your hands.

## Swallowing Exercises

- If you have difficulty swallowing food or liquid here are some exercises that may help.

### 1. Masako Maneuver

Step 1: Stick your tongue out of your mouth.

Step 2: Bite down gently on your tongue to keep it in place.

Step 3: Swallow while holding your tongue between your teeth.

Step 4: Release your tongue. Then, repeat 5 to 10 times.

### 2. Hyoid Lift Maneuver

Step 1: Gather materials—a drinking straw, pieces of paper towel, and a cup. You can start with 3 to 5 pieces of paper and work up to 10 as your strength increases.

Step 2: Place the straw in your mouth.

Step 3: Suck on the straw, picking up a piece of the paper with the suction that forms.

Step 4: Keep the suction strong enough to carry each piece of paper over to a cup.

Step 5: Stop sucking and let the paper fall into the cup.

Step 6: Repeat until all pieces of paper are in the cup.

### 3. Effortful Swallow

Step 1: Gather the saliva in your mouth in the middle of your tongue.

Step 2: Keep your lips pressed together.

Step 3: Swallow all the saliva at once like you're swallowing a grape or a pill.

Oral Motor Skill Exercises video on YouTube:

<https://www.youtube.com/watch?v=78ubEwgZL20>

## Swallowing Tips/Adaptive Equipment

- If you struggle to swallow food/liquids try these techniques
  1. Chin Tuck: tuck your chin close to your chest and then swallow food or liquid
    - Chin tuck position makes the vallecular space wide and airway entrance narrow to prevent aspiration
  2. Double Swallow: Swallow twice after taking a bite of food or drink. This will insure the oral cavity is clear of food or liquid before the next bite/drink enters the mouth.

My favorite water bottles/adaptive cups to ensure chin tuck position:



This Avana water bottle has a built in straw which I love!



Any cup with a straw is great to ensure a chin tuck position.

## General Muscle Strength Tips/Tricks

- Perform more isometric exercises (muscle contraction without movement) along with low impact activities to preserve joints and decrease joint pain.
- Exercise 3-5x per week for at least 30 minutes per workout.
  - o If you are struggling with muscle recovery exercise every other day to give your muscles increased time to recover.
- What is too easy of a workout vs too hard of a workout?
  - o Talk test: If you find it difficult to speak a full sentence and can only respond in a few words, chances are your workout has been effective. You should be winded, but still be able to talk a bit.
  - o Your energized, but not wiped out: When you finish an effective workout, you should feel tired but not exhausted.
  - o Recovery time: After strenuous exercise, your heart rate is up and you're out of breath. Recovery should be fairly efficient, leaving you ready to continue your exercises. If you have trouble recovering, you're working too hard.
- Stretching: Make sure to stretch BEFORE and AFTER working out.
  - o Stretching before exercise is often overlooked and can help your muscles, ligaments, tendons, joint capsules, and other tissues become loosened up and prepared for exercise, lessening likelihood of injury.