

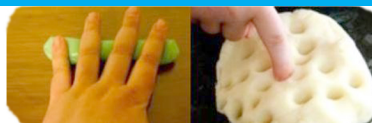
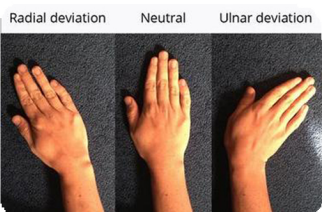
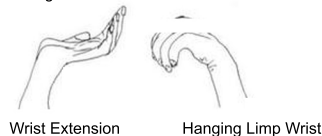
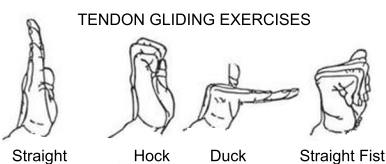
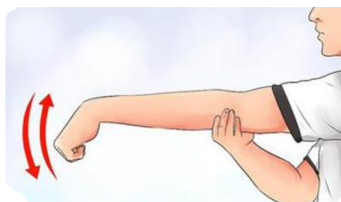
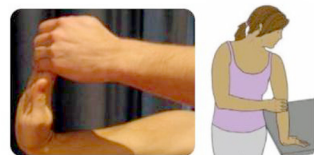
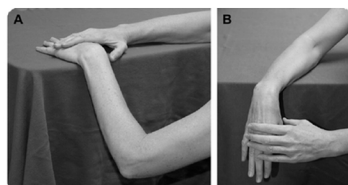
IMPORTANT NOTICE: These exercises **should not be performed without professional guidance**. Each exercise is for a specific musculoskeletal problem. While one exercise might help your particular condition, another one might hurt it; this is why it is important to see a Doctor Of Physical Therapy First!

FYZICAL Therapy & Balance Center in North Cape May - Best Physical Therapy and Rehabilitation Center in Cape May County, NJ

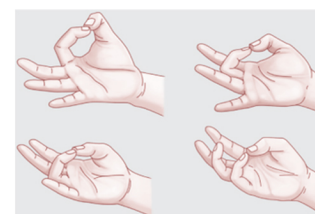


Hand Exercises in a Rice Bucket:

- Grasp various objects of different sizes throughout the rice in the bucket.
- Use various grasps with fingers to pick up objects.
- Run hand/wrist throughout rice.



Squeeze ball with each finger



Scissor Spread

Place putty around two fingers at a time and try to spread them apart



Thumb Extension

Loop the putty at the end of your thumb while it is bent
Try to straighten your thumb by pulling it upward



Thumb Press

Push your thumb into the putty as you move your thumb across your palm toward the little finger



Thumb Adduction

Press the putty with your thumb against your index finger. Keep your fingers and thumb straight



Thumb Pinch Strengthening

Squeeze the putty between your thumb and side of your index finger



Three Jaw Chuck Pinch

Pull the putty using your thumb, index and middle fingers

