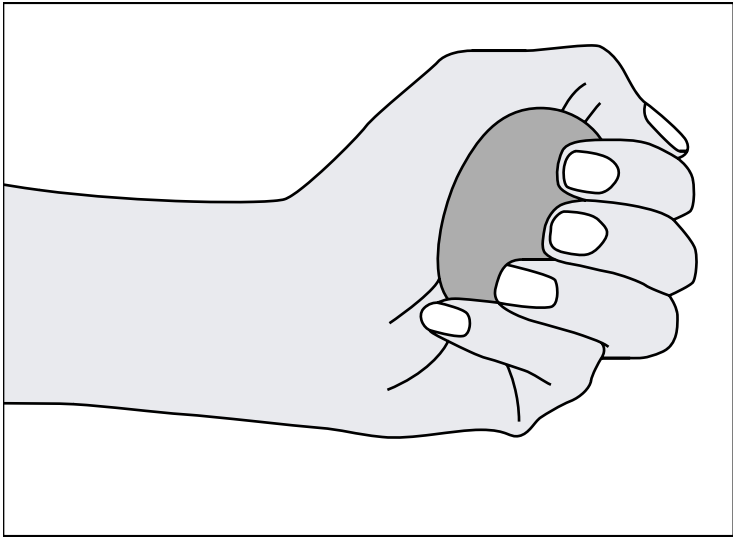


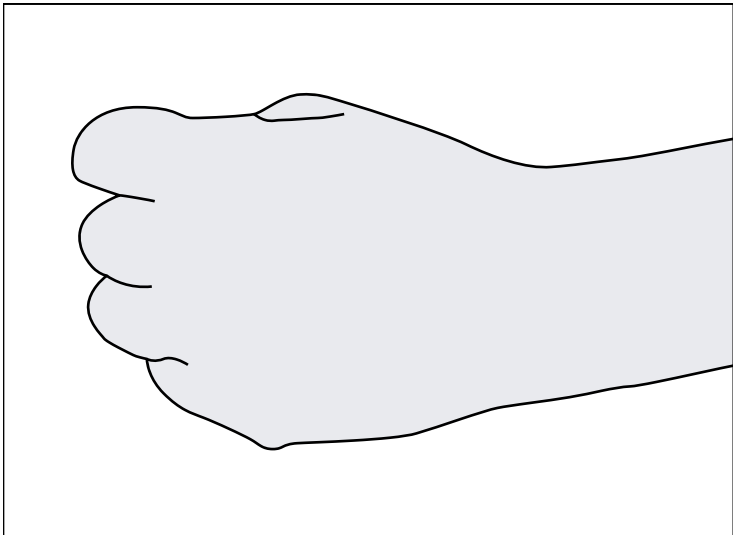
Hand Exercises for Rheumatoid Arthritis

Rheumatoid arthritis hand exercises are crucial for managing and alleviating rheumatoid arthritis symptoms. These exercises are designed to maintain and improve the flexibility and strength of the finger joints, which are often affected by the condition.



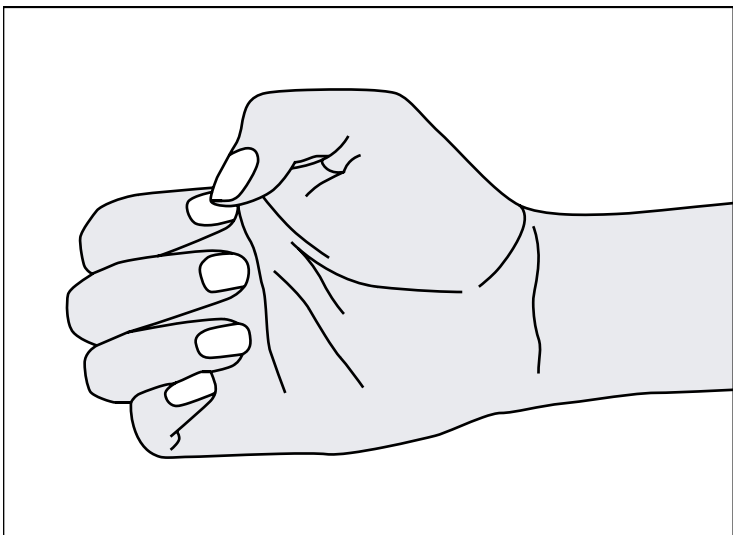
Grip strengthener

To perform the grip strengthener, squeeze a hand-exercise ball as hard as you can and hold for 5 seconds before releasing. However, if you are experiencing an acute or active flare in your hands, avoid squeezing movements like this one, as it may exacerbate your symptoms. This exercise targets the thumb joints and improves overall hand strength.



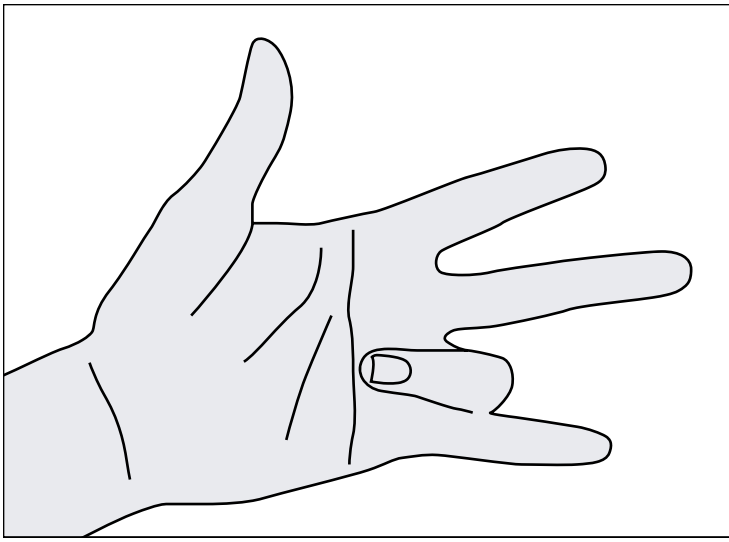
Gentle fist

Start by holding your hand out with fingers straight and palm down. Slowly bend your hand into a loose fist, making sure not to squeeze, with your thumb on the outside. Re-open your hand, stretching your fingers straight, and repeat this movement 10 times before switching hands. This exercise helps maintain the range of motion and flexibility in the finger joints.



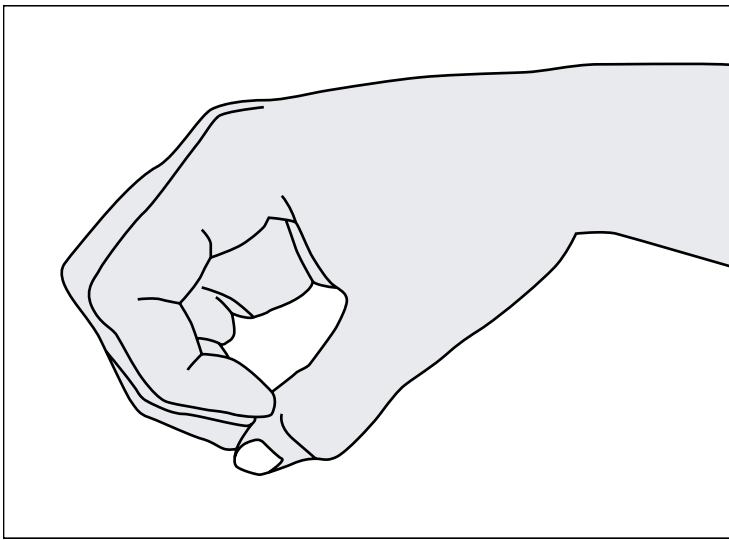
Finger rolls

To do finger rolls, bend the joints at the middle and ends (proximal interphalangeal joints and distal interphalangeal joints) of your fingers, followed by bending the joints at the base of the fingers (metacarpophalangeal joints) to make a fist. Hold this position for 5 seconds, then extend the finger joints in reverse order. Repeat this sequence 5 times and switch hands. This exercise improves dexterity and reduces stiffness in the finger joints.



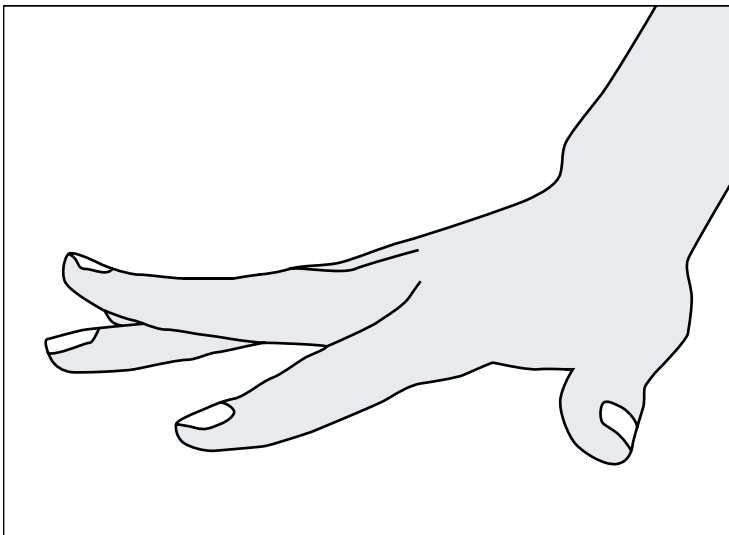
Finger bends

Hold your hand sideways with fingers straight and thumb pointing upward. Bend your thumb toward the palm and hold for two seconds, then straighten it. Repeat this action with each finger individually 5 times before switching hands. Finger bends enhance the flexibility of both the thumb joints and finger joints, improving overall hand function.



Hand O-shape

To form a hand O-shape, hold your hand with fingers straight and palm down. Curve your fingers inward until your thumb and fingers touch, forming an "O" shape. Hold this position for 5 seconds, then repeat 5 times before switching hands. This exercise helps relieve symptoms by maintaining the flexibility and strength of the hand muscles.



Finger lift

Place your hand flat on a table with your palm down and fingers straight. Slowly lift your thumb off the table, hold it for 2 seconds, then lower it. Repeat this motion with each finger individually 5 times, then switch hands. The finger lift exercise improves the range of motion and strength in the fingers, aiding in the reduction of hand arthritis symptoms.

Reference

Arthritis Foundation. (n.d.). *9 exercises to help hand arthritis* <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/9-exercises-to-help-hand-arthritis>