

# ARTHRITIS HOME EXERCISE PROGRAM.

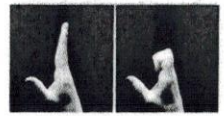
## FINGERS.

1



Bend each finger joint individually.

2



Bend all finger joints together at the same time.

3



Place hand flat on table. Separate all fingers. Bring them together again.

4



Make a fist.



Hold a ball and squeeze it.

5



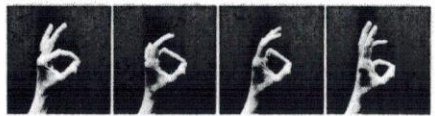
Make fingers 'stand' on table and press them downward into table.

6



Arch fingers on table, lifting wrist upward and keeping fingertips pressured into table.

7



With thumb, touch each fingertip, one after the other.

8



Pull thumb away from other fingers, keeping other 4 fingers together.

9



Place thumb on palm and close fingers over thumb to hide thumb within palm.

## WRIST. (seated in a chair)

1



Place entire forearm on table, palm down. Lift hand to extend wrist with fingers off table 10-15 cm (about 4-6 inches).

2



Turn wrist so that palm of hand now faces upward. Bend (flex) wrist so fingers point towards forehead.

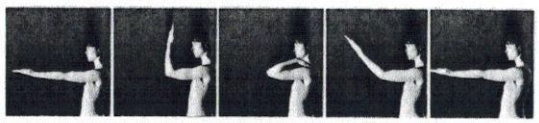
3



Palm down. Bend (deviate) wrist toward thumb and then away from thumb and then return to central position.

## ELBOW.

1



Arm outstretched in front of body, palm up. Bend (flex), then straighten (extend) elbow, then bend again to touch shoulder on same side with fingertips.

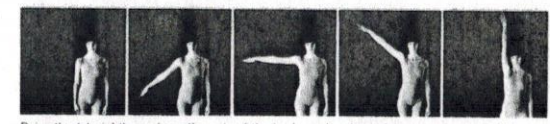
## SHOULDER.

1



Place hand on opposite shoulder and reach behind that shoulder.

2



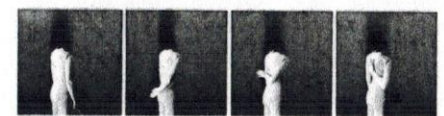
Raise the (straight) arm from the side of the body, and make as large an arc as possible.

3



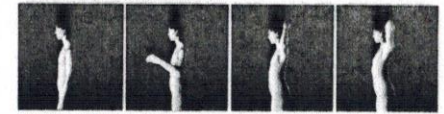
Place fingertips on shoulder of same arm. Touch elbows. Then, pull shoulders backwards, separating elbows as far away from each other as possible and thrusting chest forward.

4



Bend (flex) elbow and reach behind the back for the mid spine, trying to touch the neck from below with the back of the hand.

5



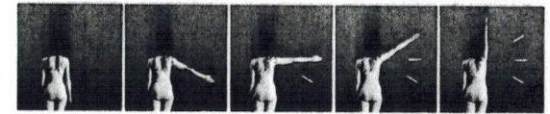
Bend (flex) elbow: reach over the shoulder and with the palm of the hand try to touch the area between the shoulder blades (intrascapular).

6



Pendular movements. a) Lean forward supporting good side on a chair or table. b) Holding the weight in the free hand, create circular motions (draw circles) on the floor.

7



Face the wall. Mark the floor for constant foot position. Then, "climb the wall with hand" (on each side) and mark the height reached. Try to keep back as straight as possible.

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