

HAND RELIEF KIT EXERCISE GUIDE

BALL GRIP (WRIST DOWN)



Grip ball in palm. Turn hand in so it faces down. Squeeze the ball in the palm. Hold and relax. Repeat.

BALL GRIP (WRIST UP)



Grip ball in palm. Turn hand out so it faces up. Squeeze the ball with your palm. Hold and relax. Repeat.

PINCH



Place ball between the thumb and index finger. Squeeze together. Hold and relax. Repeat.

THUMB EXTEND



Place ball between bent thumb and two fingers of the same hand. Rolling the ball, extend and straighten the thumb. Repeat.

OPPOSITION



Place ball in the palm of the hand. Keep between thumb and finger being exercised. Squeeze thumb and finger together. Hold and relax hand. Repeat.

EXTEND OUT



Place the ball on a table. Put tips of fingers on the ball. Roll the ball outward on the table. Repeat.

SIDE SQUEEZE



Lace ball between any two fingers. Squeeze the two fingers together. Hold and relax. Repeat.

FINGER BEND



Place the ball in the palm of the hand with fingers pressed into the ball. Push fingers into the ball as if you are bending your fingers. Hold and then relax. Repeat.