**Hand Grips Exercise Guide**

**Palm Squeeze**

**START:** Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

**Finger Squeeze**

**START:** Place Hand Grip in fingers of hand. Align hand with wrist and forearm in a palm-forward position and gently grasp with straight fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

**Wrist Bend (Down)**

**START:** Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist downward. Hold for 1-2 seconds, return to start position, release, and repeat.

**Wrist Bend (Up)**

**START:** Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

**Wrist Extension**

**START:** Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-down position and gently grasp with bent fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

**Wrist Flexion**

**START:** Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-up position and gently grasp with bent fingers and thumb.

**FINISH:** Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.