

# Physical Therapy Exercises

## In this activity, you will...

- See what it feels like to have arthritis, so you can relate to your patient's challenges
- Help your patient learn Physical Therapy exercises she can do at home

## Supplies:

- Tape
- Paper
- Pencil or pen
- Container with a twist top (food jars)
- Shoes with laces

## Directions Part 1:

- Tape your fingers together at your knuckles on both hands. You can tape your middle knuckles and your
- Now try these activities:
  - Grab a piece of paper and try writing your name with a pencil or pen
  - Open a jar
  - Tie your shoelaces
- Question: How difficult was it to do these everyday activities now that your hand is hard to move your fingers due to your arthritis?

## Directions Part 2:

- You will act as the Physical Therapy Assistant and help teach the patient exercises. Ask a parent or sibling if they would like to be the patient who is suffering from arthritis in their hands.

Your patient has arthritis in both hands and needs exercises they can do at home to help the pain. Help your patient learn how to do the Hand Arthritis exercises below:

# Hand Care for Chiropractors & Physical Therapists

Do each exercise 5X every day



**STRETCH FINGERS**



**FLEX WRIST**



**EXTEND WRIST**



**ROTATE HANDS**



**STRETCH WRISTS**



**STRETCH PALMS**



**SHAKE HANDS**



**FLEX FINGERS**



**STRETCH THUMBS**



**STRETCH EACH FINGER**



Kevin Kelly



Report