

Hand strength exercises

Many people with arthritis in their hands find gripping to open tins and jars difficult. If this sounds familiar, you may find the below exercises help to improve your grip strength.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain.

For more information, visit: www.arthritisaction.org.uk



Full-hand grip strength

A good place to start is to work on improving your generalised grip strength.

- Wrap your whole hand around a tennis ball or firm stress ball. Press inwards with each of your fingers in turn, hold for 10 seconds each (don't forget the thumb)
- Grip with the thumb and all the fingers together and hold for 10 seconds
- Grip and release rapidly holding for 1 second each time. Repeat, building up to 20 times



Discreet grip strength

For some people with arthritis, it's gripping smaller objects that is more of a problem. The following exercises might help to improve this type of discreet grip:

- Grip a small stress ball or squash ball
- Repeat the exercises as before



Fine dexterity

If gripping a pen or pencil is more of an issue for you, repeating the same exercises but this time whilst holding a piece of play dough or plasticine between your fingers and thumb.

