

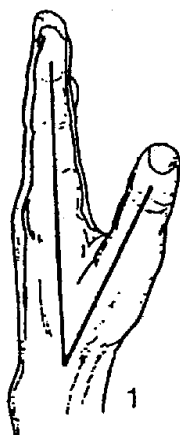
Hand Therapy

Six pack exercises

Do ____ exercise sessions per day.

Repeat each exercise ____ times.

Hold each position for ____ seconds.



Straight

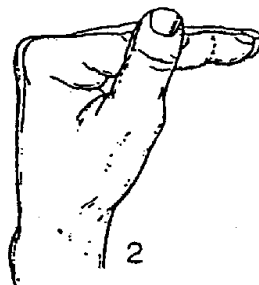


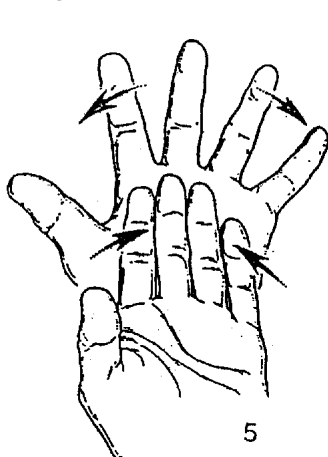
Table top



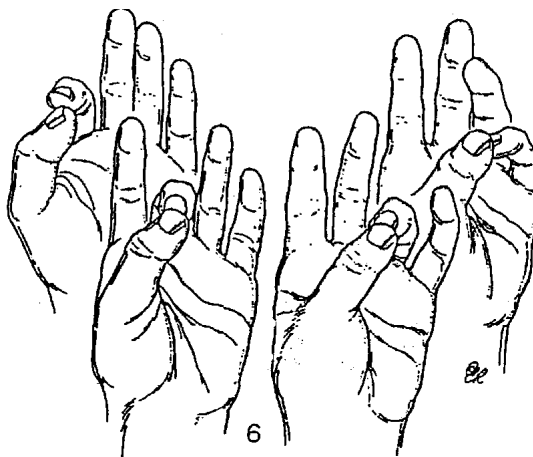
Hook



Fist



In and out



Thumb to fingertips

Please contact your therapist if you have any questions.

Therapist _____ Phone Number _____

Acknowledgements: Toowoomba Hospital. Images: Palmer, AK (1993) Fractures of the Distal Radius. In Green DP (Ed): Operative Hand Surgery 3rd Edition, New York Churchill Livingstone p 943. Published: 2012 Reviewed: March 2019 Review due: March 2024 Handout Number: 1.0 An initiative of the Queensland Hand Therapy Network (QHTN).

