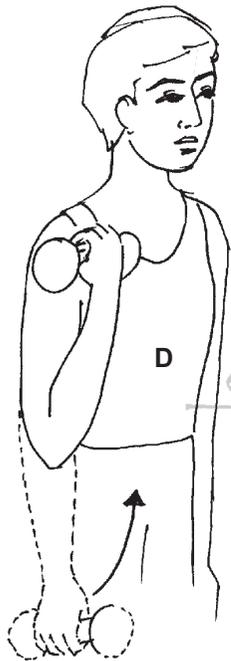
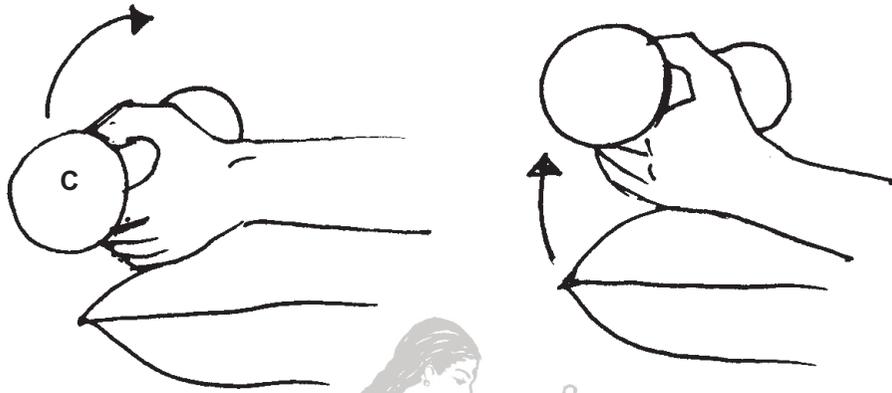


C. Keep hand steady from elbow to wrist by keeping it on a table. Hold a weight and move your hand to the right, left, and in a circular manner.



D. Hold a weight while standing and bring it up by bending at the elbow. Hold for some time and bring the weight down slowly to straighten the hand once again.

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Lupus Clinic

Modern Management of Arthritis

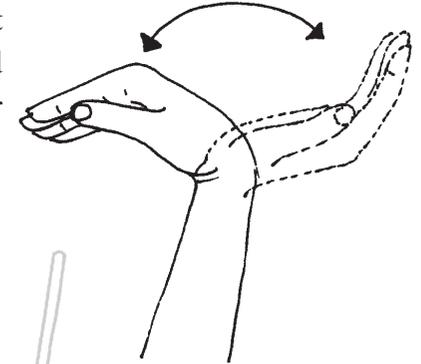
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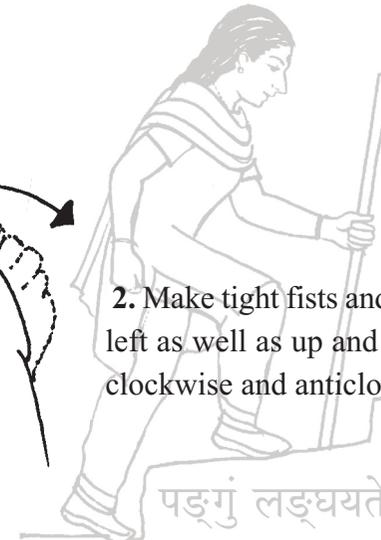
Rheumatologist

Elbow, Wrist and Hand Exercises

1. Wrist bend: Keep your outstretched hand straight and steady (support with another hand if required). Bend wrist upwards and downwards as far as possible.

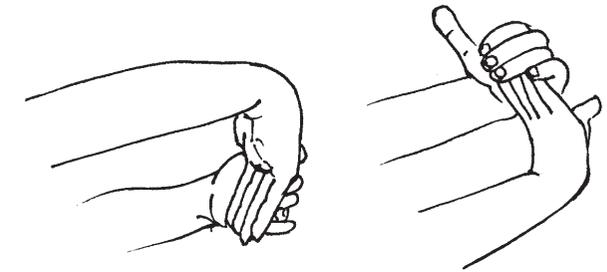


2. Make tight fists and move towards the right and left as well as up and down at wrists. Move them clockwise and anticlockwise.



पङ्गुं लङ्घयते गिरिम् ।

3. Wrist stretch: Hold your right hand straight with your palm facing down. Press right hand down with your left hand till you feel a stretch at the wrist. Stretch palm up in a similar manner. Do the same with your left hand. You can also do this exercise by pressing your palms on a table or wall.



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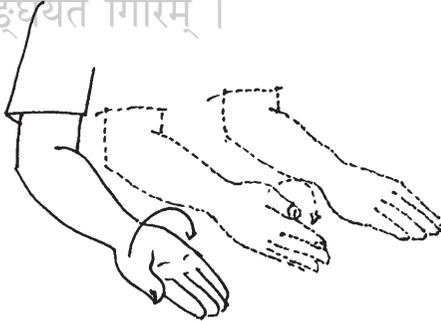
4. Hold a softball in your palm and press it with all five fingers.



5. Wrap a rubber band around your fingers. Open out your fingers as much as you can. Then, repeat the same exercise with four fingers, excluding the thumb.



6. Place your arm pressed over your chest. Elbow should be at 90 degrees with the palm facing upwards. Turn your hand and palm downwards now. Hold for some time and return to the original position.



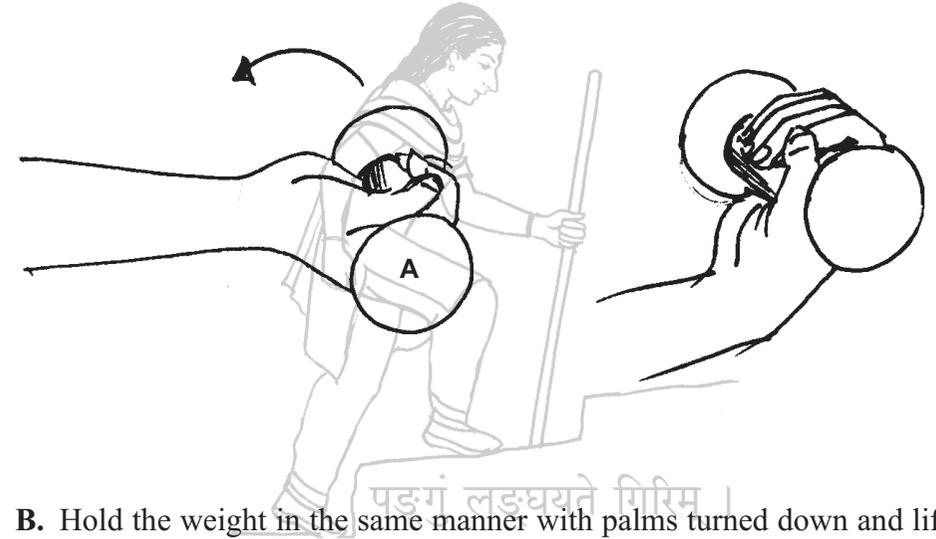
7. Press all fingers one by one on your thumb. Make a tight fist and open it completely. Move each of the three joints in every finger individually.

Exercises with the help of weight

You can do all types of exercises with the help of a dumbbell, water bottle (1 Liter = 1 Kg. / 2.2 Pounds), or a sandbag. Dumbbells are of different weights. Start with a small weight and increase slowly.

Sit in any relaxed position with head, neck, and back in one line.

- A. Hold a weight in your hand while keeping your elbow steady. Lift, hold for some time and come back to the original position.



- B. Hold the weight in the same manner with palms turned down and lift it.

