Foam Block Hand Exercises

Rehabilitation Services Home Program

Instructions

• Use your foam block to help improve movement and strength in your hand.

• Do all exercises slowly and gently. Work hard, but stay within your level of comfort.

• For all exercises, pinch or squeeze the middle of the foam block.

• Exercises should not cause sharp pain or swelling. If you have pain, ease up. If you still have pain, stop.

• Keep your foam block away from heat or flames.

• To clean your foam block, wash by hand with warm water and mild soap. Rinse well, use a towel to squeeze out the moisture and then air dry.

☐ Grip

Hold the foam in the palm of your hand. Make a fist and squeeze.

Repeat _______ times.

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.
☐ **Key pinch**

Hold the block between your thumb and the side of your index finger. Squeeze the foam, pinching it between your thumb and finger.

Repeat ________ times.

☐ **Pad-to-pad pinch**

Squeeze the block between your thumb and index finger. Repeat with each finger, squeezing the block between thumb and finger.

Repeat this series ________ times.

☐ **Three-finger pinch**

Hold the block with your thumb on one side and your index and middle fingers on the other side. Squeeze the foam, pinching it between your thumb and fingers.

Repeat ________ times.

☐ **Thumb flex**

Hold the block in the palm of your hand. Place your thumb on one end. Push into the block with the tip of your thumb.

Repeat ________ times.
☐ Tip grip

Hold the block in the palm of your hand. Place the tips of your fingers on one side of the block. Using only the tips of your fingers, press your fingers toward the palm of your hand.

Repeat ________ times.

Comments:

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