

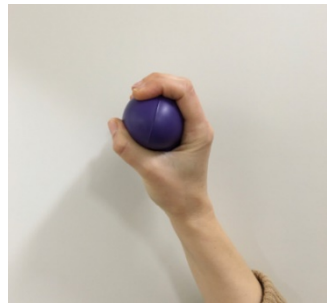


BEWELL

Services to Keep
You Healthy

Strengthening Your Grip Strength

Here are six exercises to help improve your grip strength. Perform these exercises twice each day, doing 2 sets of 10 Repetitions each time. Don't have time? Make it!



Power Grip

Squeeze the ball with a full fist.



Hook Grip

Pinch the ball between thumb and tips of fingers.



Key Grip

Grip ball between side of index finger and tip of thumb.



MCP Flexion Grip

Flatten ball between fingers and thumb.



Pinch Grip

Pinch ball between tips of each finger and thumb.



Lateral Pinch

Pinch ball between side of index finger and thumb.

Questions? Don't Hesitate.

Contact the RVNAhealth Rehabilitation & Wellness Center at 203.438.7862, RehabCenter@rvnahealth.org or visit RVNAhealth.org