

5 Simple Hand Exercises After Stroke"



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Why It Matters

Hand exercises may help improve:

- grip
- coordination
- daily independence



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Finger Taps

Touch thumb to each fingertip slowly.
Repeat 10 times.



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Soft Ball Squeeze

Gently squeeze a soft ball.
Hold 3 seconds. Release slowly.



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Wrist Rotations

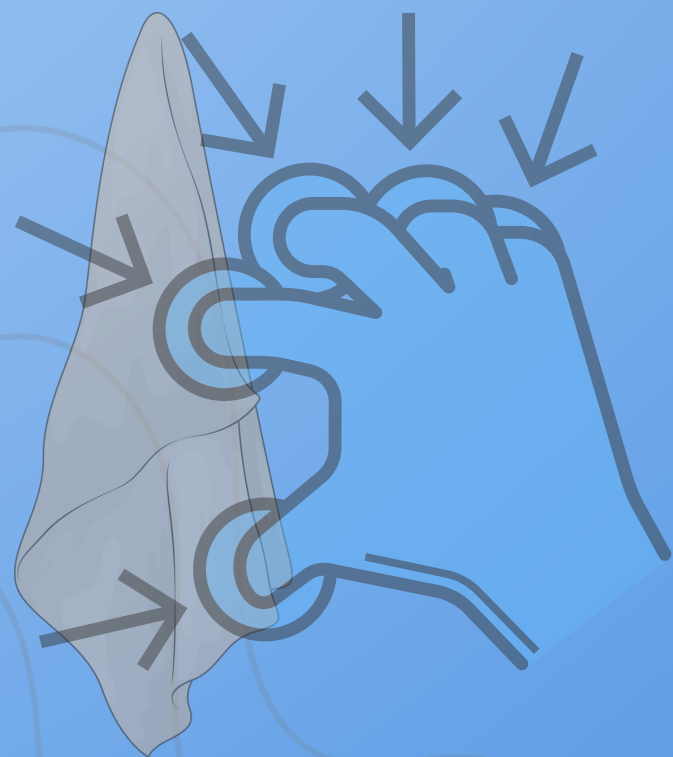
Rotate wrist clockwise and anti-clockwise slowly.



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Towel Scrunch

Use fingers to pull a towel toward you.



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Reminder

Consistency matters more than intensity.



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Disclaimer

Always consult your doctor or therapist before starting exercises.

