

# Hand & Finger Exercises for Seniors (Free Printable Chart)

Seated • No equipment (a small towel is optional)

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

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## 1. Open Hand to Fist

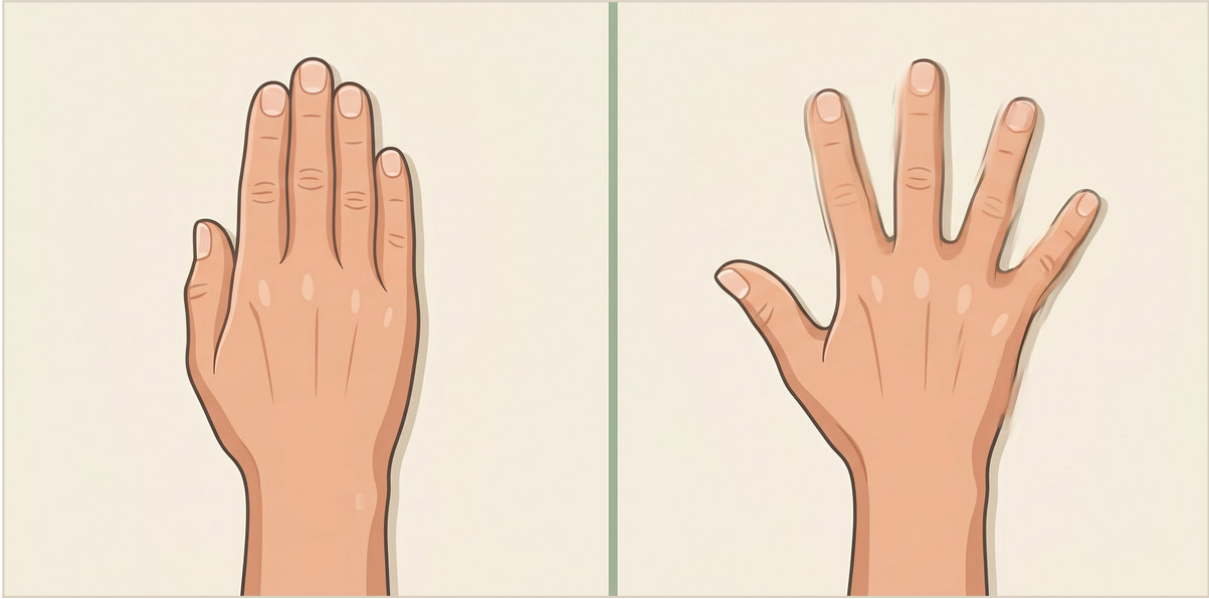


1. Sit tall and rest your hands comfortably in your lap.
2. Spread all fingers as wide apart as you can.
3. Then gently close them into a fist and hold for two seconds.

**Aim for: 10 reps each hand • 2 sets**

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## 2. Finger Spread

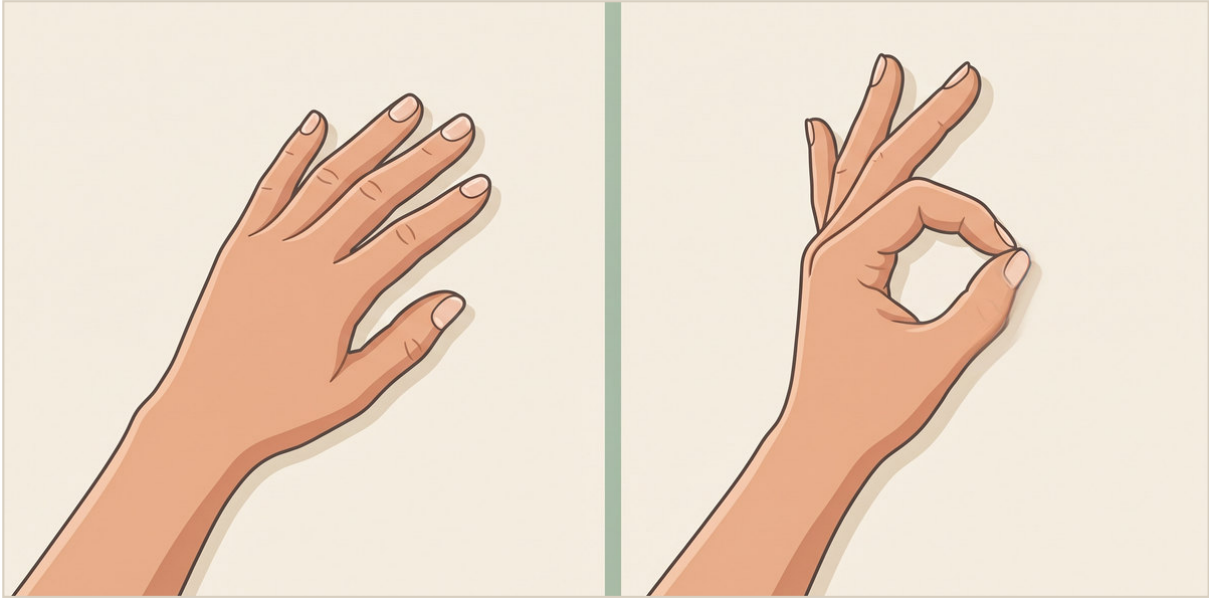


1. Hold one hand out flat, palm down.
2. Spread the fingers as wide apart as possible.
3. Hold for three seconds, then relax and repeat.

**Aim for: 8 reps each hand • 2 sets**

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### 3. Thumb-to-Finger Touches

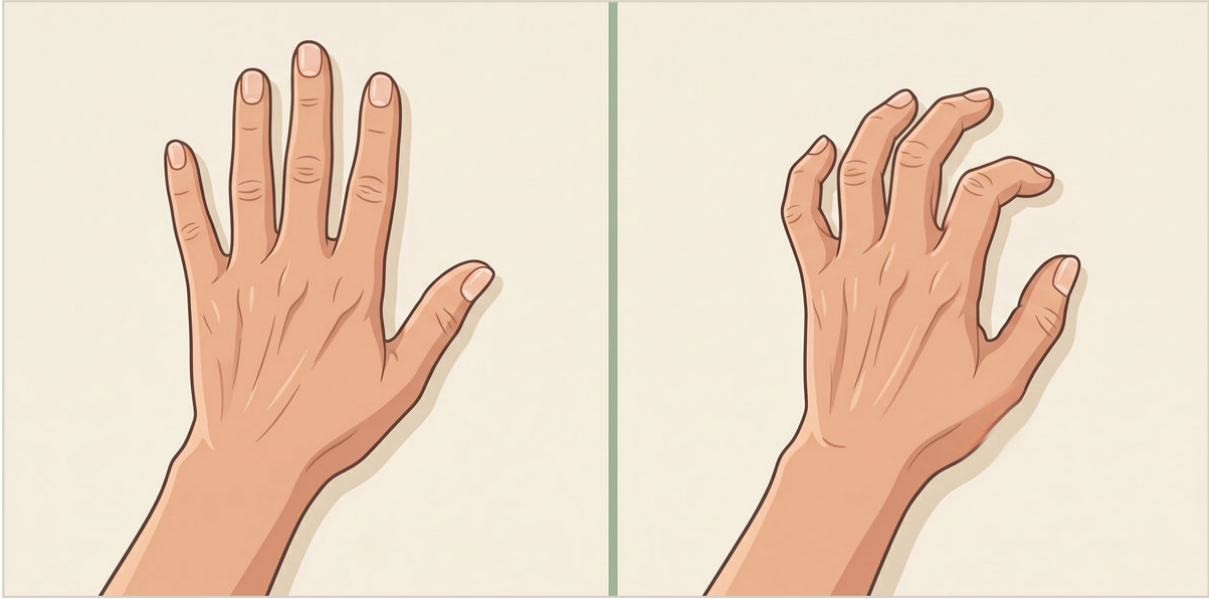


1. Hold one hand up with fingers pointing to the ceiling.
2. Touch the tip of your thumb to the tip of your index finger.
3. Continue to the middle, ring, and little finger, then work back to the index.

**Aim for: 4 rounds each hand • 2 sets**

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## 4. Finger Bends

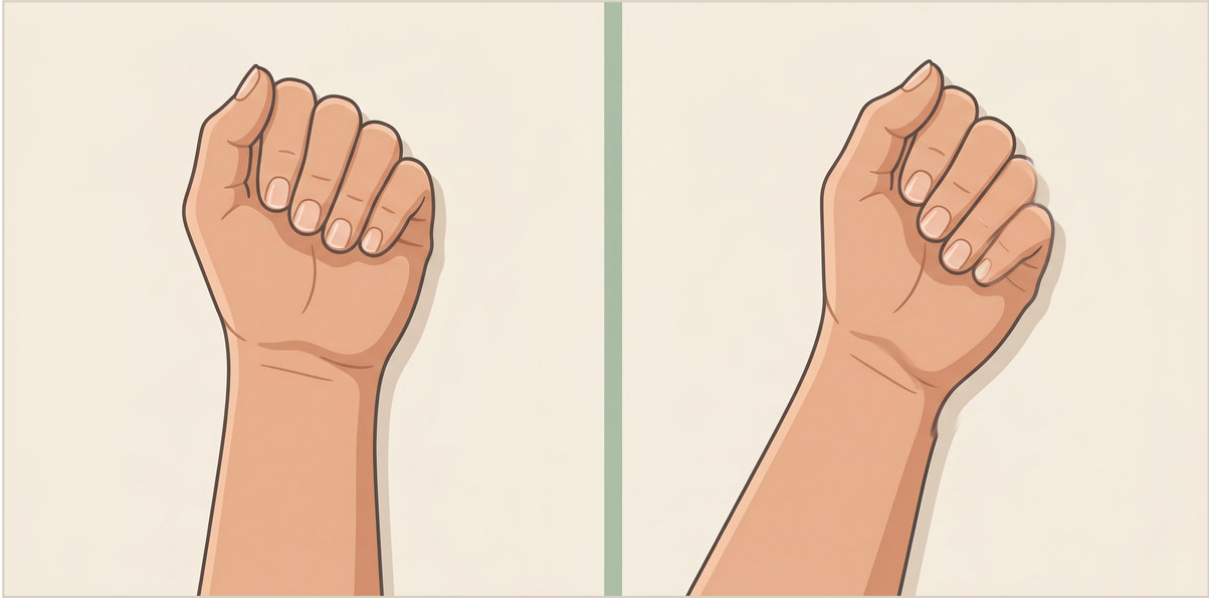


1. Hold one hand up with fingers pointing to the ceiling.
2. Bend the fingers into a gentle hook shape at the middle joints.
3. Straighten them fully, then repeat.

**Aim for: 10 reps each hand • 2 sets**

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## 5. Wrist Circles

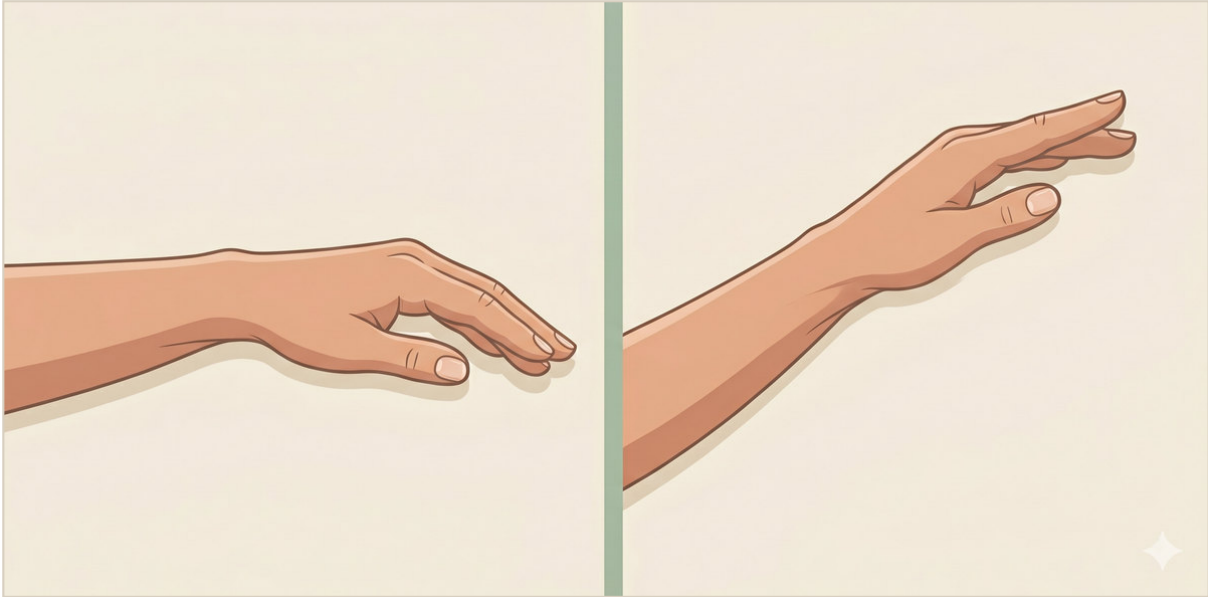


1. Extend one arm out with the fist loosely closed.
2. Circle the wrist slowly in one direction, then the other.
3. Repeat with the other wrist.

**Aim for: 8 circles each way, each wrist • 1 set**

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## 6. Wrist Flex and Extend



1. Extend one arm out, palm facing down.
2. Gently bend the wrist upward as far as is comfortable, then downward.
3. Move slowly through the full range, then switch wrists.

**Aim for: 10 reps each wrist • 2 sets**