

# Foam Block Hand Exercises

## Rehabilitation Services Home Program

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

### 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.

### Key pinch

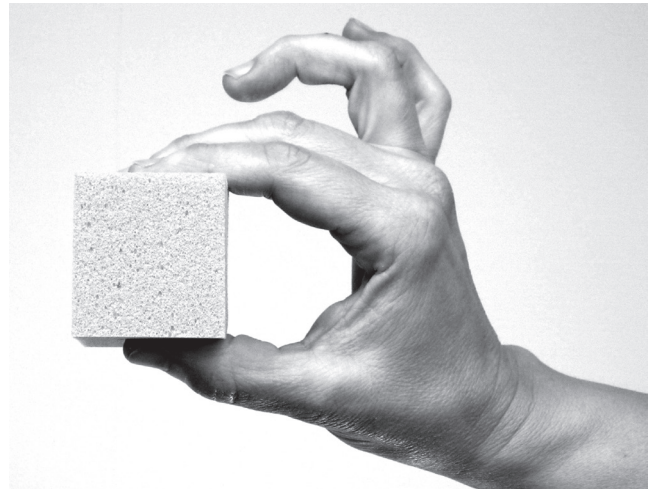
Hold the block between your thumb and the side of your index finger. Squeeze the foam, pinching it between your thumb and finger.



Repeat \_\_\_\_\_ times.

### 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.

### 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.

### 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.

