

Hand Exercises for Seniors: 8 Moves

5 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Wrist Circles

1. Rest your elbows on the table, hands up.
2. Make slow circles with both wrists.
3. Circle one way, then the other.

Week 1: 8 reps



2 Open and Close

1. Hold both hands up in front of you.
2. Spread your fingers as wide as you can.
3. Then make a gentle fist. Repeat slowly.

Week 1: 8 reps



3 Soft Ball Squeeze

1. Hold a soft ball in one hand, forearm on the table.
2. Squeeze it firmly for 3 seconds.
3. Let go fully. Switch hands halfway.

Week 1: 8 reps



4 Thumb Touches

1. Hold one hand up, fingers straight.
2. Touch your thumb to the tip of each finger, one by one.
3. Then go back the other way. Switch hands.

Week 1: 8 reps

Hand Exercises for Seniors: 8 Moves

5 days a week. Do the moves in order, 1 round. Rest whenever you need to.



5 Towel Wring

1. Roll a small towel and hold it with both hands.
2. Twist it as if wringing out water.
3. Twist the other way.

Week 1: 8 reps



6 Pinch Squeeze

1. Hold the soft ball between your thumb and fingertips.
2. Pinch it firmly for 3 seconds.
3. Release. Switch hands halfway.

Week 1: 8 reps



7 Prayer Stretch

1. Press your palms together in front of your chest.
2. Lower your hands toward your waist, keeping palms together.
3. Hold and breathe.

Week 1: hold 10 sec



8 Finger Glides

1. Start with fingers straight.
2. Bend just the top two joints into a hook.
3. Then make a straight fist, and open again.

Week 1: 8 reps