

Dumbbell Strengthening Hand Therapy Exercises



The purpose of these exercises is to build the strength of the muscles in your forearm. To better achieve this, it is important that you move slowly and control the weight. The emphasis is on this slow control as opposed to reaching your end ranges.

With your forearm resting on a surface and your wrist over the edge, slowly raise your hand up to the sky so your wrist is extending. Hold as requested.



With your forearm resting on a surface and your wrist over the edge, slowly lower your hand so your wrist is flexing. Hold as requested.



With your forearm resting on a surface and your wrist over the edge but now palm up, slowly lower your hand so your wrist is extending. Hold as requested.



With your forearm resting on a surface and your wrist over the edge, palm up, slowly lift your hand so your wrist is flexing. Hold as requested.



With your forearm resting on a surface but now on its side, your wrist over the edge, slowly lower your hand so your wrist is moving sideways (ulnar deviation). Hold as requested.



With your forearm resting on a surface on its side, your wrist over the edge, slowly lift your hand so your wrist is moving sideways (radial deviation). Hold as requested.



Standing with your elbow tight into you side with approximately 90 degrees of flexion, holding your hand weight.



Slowly start to turn you hand down to the floor keeping tight hold of weight. Hold as requested.



Now slowly start to turn you hand with palm up and hold as requested.

Please complete		Times a day
Holding each position		Seconds
Repeat		Times

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Kim Dunbar, Associate OT Practitioner

Department: Hand Therapy Department

Version: 1

Published: April 2023

Review: April 2025

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ने बुवातुं उरनामे सी लेक वै सं बिरपा बरवे हिस नंबर से बोलें: 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk