Strength exercise

- Squeeze the ball or the dough, flexing all fingers and thumb. Repeat 10 times.

- Press the thumb towards the fingers one at the time and try to make circles. Repeat 10 times.

- Press the thumb while holding the ball or dough (key grip). Repeat 10 times.

- Press the thumb towards the index and middle finger through the ball or the dough. Repeat 10 times.

- Press the thumb through the ball or dough towards the base of the little finger. Repeat 10 times.
Mobility exercise

Lift your wrist, hold the position a few seconds. Repeat 5 times.

Flex the finger joints. Repeat 5 times.

Flex the finger joints. Repeat 5 times.

Make a fist. Repeat 5 times.

Make a circle with the thumb and the index finger. Repeat 5 times.

Move the thumb in a wide circle. Repeat 5 times.