

Supplementary File

Appendix 1. Hand strength exercise protocol

Method of exercise	Description
	1- Warm up the hand by rubbing a hand cream
	2-Slide your thumb to the side of the finger and bring it to 0. Then open your fingers and then do the same with other fingers
	3-Bend your fingers from the joint of second strap of finger (flexion) and then bend from the first strap of finger and palm bones, then bend your thumb, then hold for a few seconds, then open your fingers
	4-Grasp the massage ball with all your fingers and press it firmly. Pause for 5 seconds and repeat the movement.
	5-Loop a strip around your fingers and keep your fingers apart. Pause for 5 seconds and repeat the movement again
	6-Put one hand on the other and apply pressure. Open your fingers with pressure when your wrist is flat. Now, hold for 5 seconds and then go back to the original mode

Source: Hennig T, Haehre L, Hornburg VT, Mowinckel P, Norli ES, Kjeklen I. Effect of home-based hand exercises in women with hand osteoarthritis: a randomised controlled trial. *Ann Rheum Dis.* 2015;74(8):1501-8. doi: 10.1136/annrheumdis-2013-204808. [PubMed: 24667900].