

## **HAND & WRIST STRETCHES**

### **Hand & Wrist Stretches for Everyday**

Wrist exercises increase flexibility and help lower the risk of injury. Stretches are recommended as a preventive measure to ease slight pain. However, they should not be used by people with inflammation or serious joint damage unless recommended by a healthcare professional. This is because, in those cases, exercise could cause more harm to your wrists or hands.

Below are several easy hands and wrist stretches you can do at your desk at work.

### **Praying Hands Stretch**

1. While standing, place your palms together in a praying position. Your hands should be in front of your face.
2. With your palms pressed together, slowly lower your hands to waist height. Stop when your hands until you feel a mild stretch.
3. Hold the stretch for 5 to 10 seconds, then repeat 2 more times.



### **Finger Stretch**

1. Extend your left arm in front of your body, palm facing the ground.
2. Extend your hand back, creating a 45° angle at your wrist.
3. Lightly grab the tip of your index finger with your left hand.
4. Gently pull your index finger with your left hand.

5. Hold for 3 seconds.
6. Repeat steps 1-5 with remaining fingers. Do both hands.



### **Hand and Wrist Flexion**

1. Extend right arm in front of your body, palm facing down.
2. Flex your hand down, creating a 45° angle at your wrist.
3. Place your left hand over your knuckles of your right hand.
4. Gently stretch your hand towards your body until you feel a mild stretch.
5. Hold of 3 seconds.
6. Repeat steps 1-4 with opposite hand/wrist.



### **Hand and Wrist Extension**

1. Extend your right arm in front of your body, palm facing down.
7. Extend your hand back, creating a 45° angle at your wrist.
2. Place your left hand on the palm of your right hand.
3. Gently stretch your hand towards your body until you feel a mild stretch.
4. Hold for 3 seconds.
5. Repeat steps 1-4 with opposite hand/wrist.

