



WRIST & FINGER STRETCHES

dynamic movements for everyday job demands



These eight exercises are designed to target area affected by repetitive hand and finger movement during your workday. Hold each exercise for 2-5 seconds and repeat 5 to 10 times. Repeat as needed throughout your day.

WRIST STRETCHES

Wrist Extension



- Extend arm w/ palm facing outward
- Gentle pull fingers extending them towards upper side of wrist

Wrist Flexion



- Extend arm w/ palm facing downward
- Gentle pull fingers in flexion towards lower side of wrist

Arm Rotation



- Keep elbow next to side w/ arm at 90 degrees
- Grab hand & rotate arm outward & then inward

Thumb Extension



- Extend arm
- Make fist with thumb under fingers & palm facing inward
- Gentle pull hand downward

FINGER STRETCHES

Thumb Flexion



- Extend arm w/ palm facing down
- Lock thumbs & gentle push thumb upward towards top of hand

Thumb Adduction



- Extend arm w/ palm facing down
- Pull thumb back towards inside of wrist

Finger Extension/Flexion



- Extend arm w/ palm facing down
- Hold 3 fingers down and extend the 4th finger. Repeat on all fingers

Finger Webbing



- Extend arm w/ palm facing down
- Spread fingers & with assistance of other hand. Repeat between all fingers