



Hand, Wrist & Forearm Stretches

(To Prevent Repetitive Strain Injuries)

Here is a series of stretches for the hands, wrists and forearms. If you have RSI-type problems, do not do any of these that cause pain. *Proceed with caution.*

If you do not have an RSI-type problem, we recommend you follow this routine as *preventive medicine.*



10 times
clockwise & counterclockwise
p. 65



10 sec
each position
p. 65



3 pull each finger & thumb gently
4 times each direction, do both hands
p. 68



4 rotate each finger & thumb gently
4 times each direction, do both hands
p. 68



5 sec
2 times
p. 66



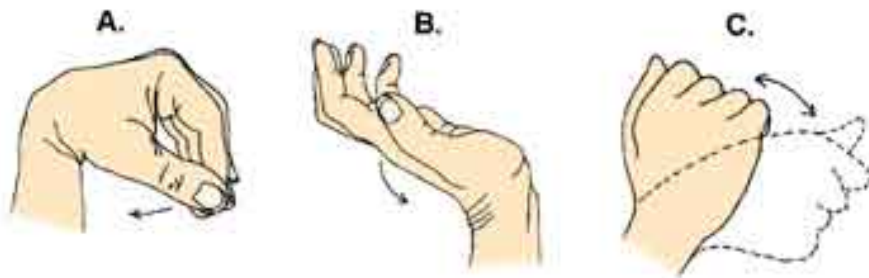
5 sec
each arm
p. 66



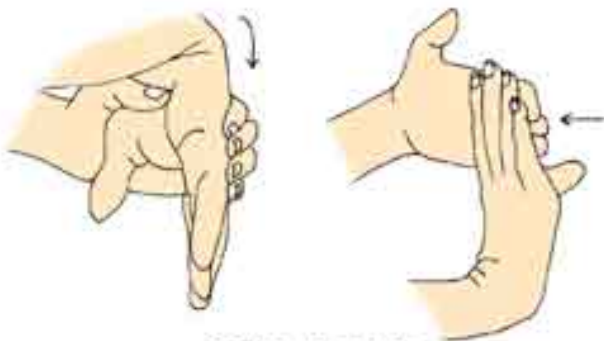
10 sec
shake hands
p. 68



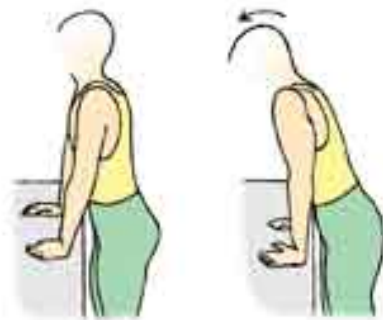
10 sec
p. 67



Wrist: Active range of motion



Wrist stretch



Wrist extension stretch



Wrist flexion stretch



Pronation and supination of the forearm