

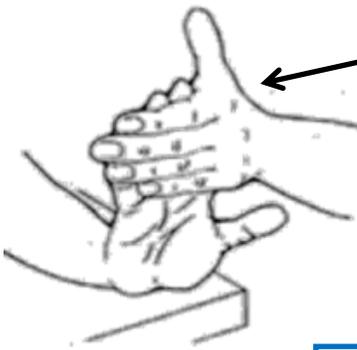
## Ergonomic Stretching Exercises

These stretches must be done twice daily. Try to do add a third stretch period if you are doing a lot of lifting, writing, or repetitive use of your hands and wrists, etc.

You can even do these stretches during breaks or talking to people, etc. Whenever you aren't required to use your hands and they could use a stretch.

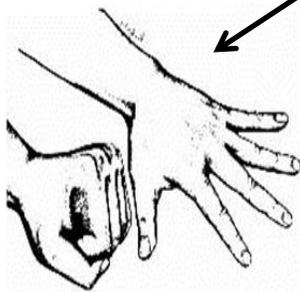
**REMEMBER!!!!!! NEVER, never, never** bounce or stretch to the point of pain. Stretch only to the point required to feel the muscle, and then just relax, and hold your position until the muscle is less tight.

**The following exercises, when done as recommended, can help strengthen wrist and hand muscles, and can help relieve strain caused by tasks requiring repetitive motions.**



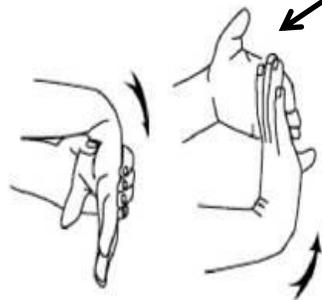
### **Finger-Extension Exercise:**

Using one hand, bend the fingers of the other hand gently as far as you can, stretching the fingers and wrist. Hold for 15 seconds.



### **Hand Stretch:**

Make a fist, and then extend your fingers as far apart as possible. Hold for 10 seconds, and then relax. Repeat the entire sequence 5-10 times until hands and fingers feel relaxed.



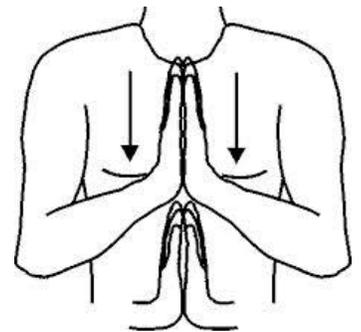
### **Wrist Stretch:**

Grasp hand and hold fingers with the other hand. Slowly bend wrist down until you feel a stretch. Hold for 3 to 5 seconds, and then relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold & relax. Repeat with the other hand.



### **Forearm Stretch:**

Place your palms together with your fingers pointed upwards. Slowly slide them down until you feel a stretch in the inner wrist area. Hold 20-30 seconds



### **Thumb Stretch:**

With the left hand, gently pull the thumb of the right hand away from the hand, and down toward the forearm. Hold for five seconds. You should feel the stretch in the base of the thumb, on the palm side. Repeat for the left thumb.