

Exercises & Stretches for the Hands & Wrists



Exercise 1 Wrist Circles

Sitting slightly forward on your chair, bring both wrists out in front of you. Slowly start to circle your wrists clockwise.

Repeat going anti-clockwise. You can do one wrist at a time if this is easier.

3 SETS OF 10 REPS EACH WAY



Exercise 2 Thumb to Fingers

Sitting slightly forward on your chair, bring both hands out in front of you.

Starting with your right hand slowly touch each finger to your thumb starting with your index finger.

Repeat with your left hand.

3 SETS OF 5 REPS ON EACH HAND



Exercise 3

Hand Stars

Sitting slightly forward on your chair, bring both hands out in front of you.

Clench both hands to make a fist and then open them wide to make a star.

3 SETS OF 10 REPS



Exercise 4

Tap & Clap

Sitting slightly forward on your chair, start with both hands out in front of you.

Tap both hands on your thighs and then clap out in front of you.

3 SETS OF 12 REPS



Exercise 5

Arm Across Body

Sitting slightly forward on your chair. Bring your right arm up and across your body to touch your left shoulder, then return it to your side.

Repeat bringing your left arm up to touch your right shoulder.

3 SETS OF 12 REPS



Exercise 6

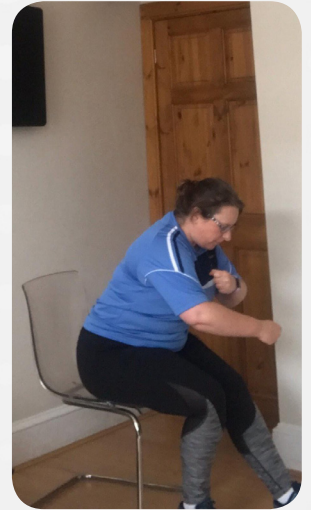
Lean & Roll

Sitting slightly forward on your chair, start to roll your arms.

At the same time to lean forward as far as is comfortable and then return to your starting seated position.

Repeat.

3 SETS OF 10 REPS



Stretch 1

Tricep Stretch

Bring one arm across your body and use your other arm, just above the elbow, to pull the arm further. Repeat with the other arm.

Hold for 15 seconds and repeat 3 times.



Stretch 2

Side Stretch

Reach up to the ceiling with one hand, hold onto the chair with the other. Try to reach as high as you can and over your head as far as possible.

Repeat with your other arm.

Hold for 15 seconds and repeat 3 times.

