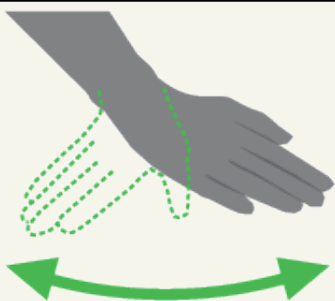
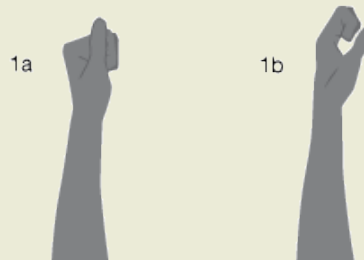


WORKSTATION EXERCISES

Stretches for Fingers, Wrist, and Forearms

Finger Exercise

1. Make a fist; ensuring thumb is straight, not tucked under fingers (1a).
2. Slide fingertips up palm, tips of fingers moving towards base of fingers, until stretch is felt (1b).
3. Hold for slow count of 10.
4. Repeat 3 – 5 times.

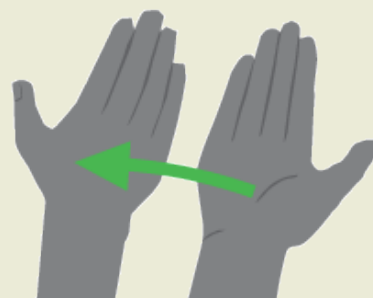


Wrist Stretch Exercise

1. With hand open and facing down, move wrist from side to side, until stretch is felt at each extreme.
2. Hold each for slow count of 10.
3. Repeat 3 – 5 times.

Wrist Rotate Exercise

1. With elbow held close in to side of body, slowly rotate palm upwards and then downwards until stretch is felt at each extreme.
2. Hold each for slow count of 10.
3. Repeat 3 – 5 times



Wrist Bend Exercise

1. Holding upper part of hand with other hand, slowly bend wrist down and then upwards until stretch is felt at each extreme.
2. Hold each for slow count of 10.
3. Repeat 3 – 5 times

Forearm Exercise

1. Sitting with elbows out and palms together, slowly rotate palms down until stretch is felt.
2. Hold for slow count of 10.
3. Repeat 3 – 5 times

