



**Stretching:** Hand/Finger Mobility

**1A)** Praying Position Stretch > 30 seconds > Repeat x 2 (See image W1:1A)

**1B)** Wrist Extension Stretch > 30 seconds > Each Wrist. Repeat x 2 (See image W1:1B)

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**2A)** Clenched Fists Stretch > 10 seconds (See image W1:2A)

(While seated, place your open hands on your thighs with palms up.

Close your hands slowly into fists. Do not clench too tightly.

With your forearms touching your legs, raise your fists off your legs and back toward your body, bending at the wrist.

Hold for 10 seconds. Lower your fists and slowly open your fingers wide. **Repeat 10 times.**)

**2B)** Thumb Flexion/Extension > 15 seconds. Each Thumb. Repeat x 3 (See image W1:2B)

(Begin with your thumb positioned outward.


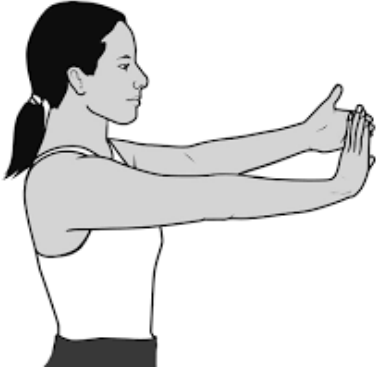
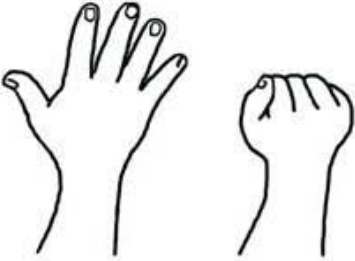
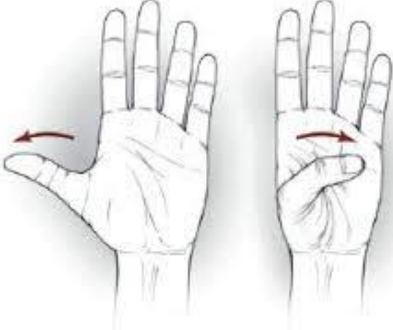
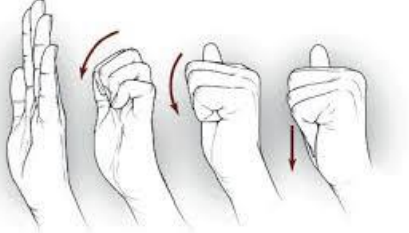
Move the thumb across the palm and back to the starting position.)

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**3A)** Hand/Finger Tendon Glide > Repeat x 5 (See image W1:3A)

(Start with the fingers extended straight out. Make a hook fist; return to a straight hand.

Make a full fist; return to a straight hand. Make a straight fist; return to a straight hand.)

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:3A	 Straight hand    Hook fist    Full fist    Straight fist		