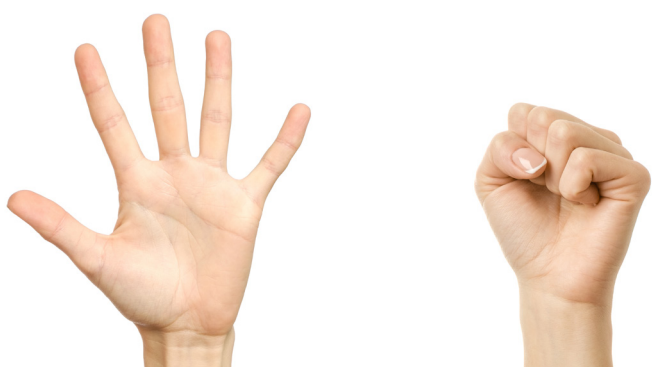


# Wrist & Hand Stretches

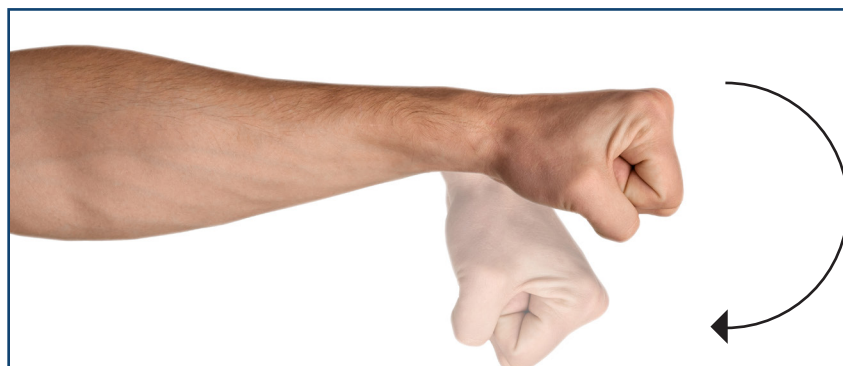


Here are a few wrist and hand exercises to prevent aches and pains that could impact your work and home life.



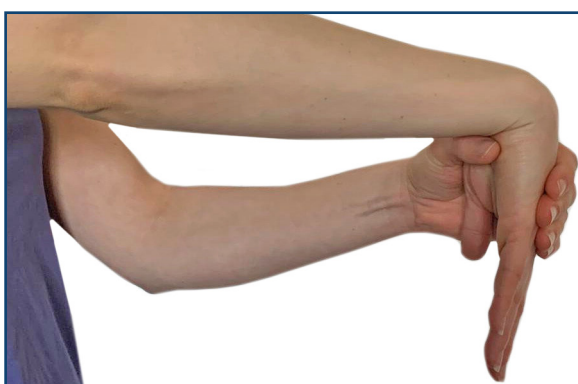
## HAND STRETCHES

First, ensure your wrists are in a straight or neutral position throughout the exercise. Close the hands to make a fist, then open the fingers and stretch them as far apart as possible. Hold this position for 10 seconds. Relax, and repeat three more times.



## ACTIVE EXTENSOR STRETCH

With your arm in front of you, curl your fingers into a fist, bend your wrist down and straighten your elbow. Hold for 10 seconds, relax and repeat three more times. Repeat the exercise with the other side.



## WRIST EXTENSION STRETCH

Start with your wrist bent downward, at shoulder height, elbow bent toward the floor. Grasp your opposite hand and bend them toward your palm with light pressure. Slowly extend your hand outward, keeping your wrist and fingers bent toward your palm until your elbow is straight. Hold for 10 seconds and repeat with your other wrist.



## WRIST FLEXION STRETCH

While keeping your elbow straight and at shoulder height, elbow bent toward the floor. Grasp your hand and slowly bend your wrist down until a light stretch is felt. Hold 10 seconds. Relax, and repeat three more times. Repeat the exercise with the other wrist.



SELF-INSURED WORKERS'  
COMPENSATION FUND

Find useful tips and  
stretching exercises here:



[www.mmm-a.com](http://www.mmm-a.com)