

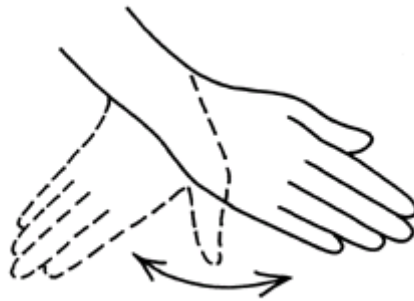


FULL BODY STRETCHES: HANDS AND WRISTS

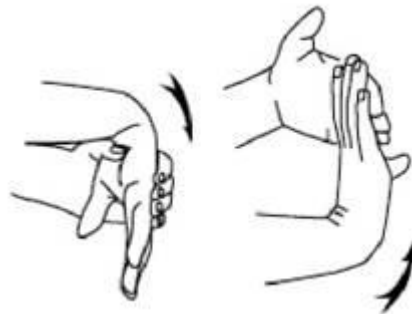
INTRODUCTION

Two areas of the body that people neglect to stretch are the hands and wrists. The muscles in these parts of the body can be damaged just as easily as muscles located in other parts of the body. The muscles located in the hands and wrists should be stretched prior to any physical activity. Below are suggested hand and wrist stretches that employees can perform to warm up prior to the day's activities.

Wrist Stretch: Open your hand and place it with the palm facing towards the floor. Your arm should be extended, and you should feel a low to mild tension in the stretch. Move your wrist side to side. Count out 10 complete movements, then switch to your opposite hand and repeat 3 to 5 times.



Wrist Bend or Flexion: Stick one hand out into the air with your palm facing forward. Bend the lifted hand down, your palm should now be facing you. Take your opposite hand and gently use it to help bend the fingers slightly. Hold and count to 10. Once you have reached 10, lift your hand back into its original position. Gently use your opposite hand to bend the fingers slightly towards you, your palm should be facing away from you. Hold and count to 10. Once 10 has been reached, switch hands and repeat the process 3-5 times.





STATEMENT
Insurance Agency

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Fan and Fist: Turn your hand till the palm faces you. Close your fingers into a gentle fist, ensure that your thumb is wrapped around your fingers. Hold the fist position between 30 and 60 seconds. After 30 or 60 seconds, release and spread your fingers wide. Repeat 4 times, then switch hands.



Prayer Hands: Place palms together, they should be centered with your chest. Your elbows should be out when your hands enter this position. While keeping your hands together, slowly lower your hands until you feel a mild stretch. Hold this position for 5 seconds before returning to the starting position. This should be repeated 3 times.



Remember to breathe while performing these stretches. You should only feel a mild tension in your muscles. If you start to feel any pain or discomfort, stop doing the stretch. If you feel the need, please consult your doctor about your ability to perform these stretches safely before attempting any of these stretches.

Questions? Call 1-800-734-3574

