HAND STRETCHING EXERCISES

COMPSOURCE MUTUAL INSURANCE COMPANY

Practice these simple stretches at your workstation during breaks to prevent injury. These stretches can also improve strength and flexibility.

*Always speak with your doctor before attempting new stretches or treatments.

1 SQUEEZE AND FLEX STRETCH

Make a fist and then open hand with fingers spread wide holding for 10 seconds. Repeat this 5 times.

2 FINGER EXTENSION STRETCH

Lightly pull back fingers of one hand towards the shoulder with the other hand. Switch and do the opposite side. Hold each side for 15 seconds.

3 ARM STRETCH

With hands together starting at the top of the chest pull down lightly stretching forearms. Hold for 5-10 seconds.

4 WRIST BEND AND FLEX STRETCH

Pull back lightly on fingers holding for 5 seocnds. On the same hand, then bend wrist down holding again for 5 seconds, then switch.

5 THUMB STRETCH

Gently pull down on thumb with opposite hand stretching for 5-10 seconds. Then switch.