

Wrist and Hand Stretches

A regular stretching routine is an important component of workplace health. Muscles become stressed if asked to perform repetitive tasks or hold static positions during the work day. Stretching will increase blood flow, reduce muscle tension and offset the strain of working.

Try a few of the stretches shown below to reduce build up of stress in your muscles and help prevent injury.

NOTE: If you need a reminder to take breaks, try some free software such as WorkSafe BC's "WorkSafe Sam"
http://www2.worksafebc.com/Topics/Ergonomics/resources.asp?ReportID=33863#worksafe_sam

Carpal Tunnel Stretch

- Hold arm in front of you with elbow straight and palm facing down.
- Pull up on the hand to gently bend wrist upwards.
- Feel the stretch in underside of the wrist and forearm.
- Hold 10-15 seconds, do 2 or 3 times



Dorsal Wrist Stretch

- Hold arm in front of you with palm facing down.
- Press gently on the back of your hand to bend your wrist downwards.
- Feel the stretch in the back of your wrist.
- Hold 5-10 seconds, do 2 or 3 times.



Finger/Hand Stretch

- Hold hands out in front and spread your fingers apart as far as you can.
- Hold for 5 seconds - feel the stretchout to your fingers.
- Then let your hands relax into a loose fist.
- Repeat 5 times



Thumb Stretch

- Position your hand with palm sideways and thumb tucked into your fist.
- Gently bend your wrist sideways, 5th finger down towards floor.
- Feel the stretch in your thumb and thumb side of your wrist.
- Hold 10-15 seconds, do 2 or 3 times.

