

KEY PREVENTION EXERCISES FOR THE HANDS

Hand Stretches

The following mobility exercises can be performed every day. The strength exercises are ideally performed 2-3 times per week. Make sure you are resting at least 48 hours in between the strength exercise sessions.

Make a Fist <> Finger Stretch:

Make a gentle fist, wrapping your thumb across your fingers. Hold for 30 to 60 seconds. Release and spread your fingers wide. Repeat with both hands 4 times.



MOBILITY

Claw Stretch:

Hold your hand out in front of you, palm facing you. Bend your fingertips down to touch the base of each finger joint. Your hand should look a little like a claw. Hold for 30-60 seconds and release. Repeat 4 times for each hand.



MOBILITY

Grip Strengthenener

Hold a soft ball in your palm and squeeze it as hard as you can. Hold 5-10 seconds and release. Repeat 10-15 times on each hand. Use caution with this exercise if you have pain in your thumb.



STRENGTH

Pinch Strengthenener

To strengthen the muscles in your fingers and thumb so you can do things like turn keys, open packages and comb your hair more easily, pinch a soft foam ball or some putty between the tips of your fingers and thumb. Hold for 30-60 seconds. Repeat 10-15 times.



STRENGTH

Thumb Strengthenener

To strengthen the muscles in your thumb, wrap a rubber band around your hand and thumb. Abduct, or pull your thumb out to the side. Hold with tension for 30-60 seconds. Repeat 10-15 times. Try varying the resistance with different rubber bands.



STRENGTH

Thumb Flex

Start with your hand out in front of you, extend your thumb away from your other fingers as far as you can. Then bend your thumb across your palm so it touches the base of your small finger. Hold for 20-30 seconds. Repeat 2-4 times each side.



MOBILITY

Thumb Touch

To help increase range of motion of your thumbs to make activities like picking things up easier, start by holding your hand out in front of you. Gently touch your thumb to each of your 4 finger tips, one at a time, making an "o" shape. Hold for 20-30 seconds. Repeat 2-4 times on each hand.



MOBILITY

Thumb Stretch

Try these 2 stretches for your thumb! Hold each 20-30 seconds and repeat 2-4 times.

- Hold your hand out, and gently bend the tip of your thumb down toward the base of your index finger.
- Holding your hand out, gently stretch your thumb across your palm using just your lower thumb joint.



MOBILITY

Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.

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The goal for micro-stretch breaks is to decrease the tension that is placed on the body related to the repetitive nature of your job. In an effort to keep tension from developing, it is good practice to perform micro-stretch breaks frequently throughout the workday in addition to your pre-shift daily stretching at the beginning of your work day.

Spider Stretch

It's like a spider doing push ups! Start with matching your hands finger pad to pad in an "arched" spider. Then flatten your spider out, stretching the fingers. Return to the starting position by making your spider do a push up.



Active Forearm Release

Take up all the slack from your forearm muscles with your opposite hand. Then with the arm straight and palm up, use another object (wall, shelf, etc) to stretch the wrist into extension. Try an active movement into all directions for a release too.



Median Nerve Glide

Begin with your hand touching your upper shoulder and head tilted away. Moving everything together, side bend your head and extend your arm straight, extending your wrist to point fingers towards the floor. Repeat the glide back and forth.



Ulnar Nerve Glide

Start in a position as if you were carrying a tray. Rotate your fingers toward your ear, elbow up and away from the body, tilting your head toward your same side arm. Then, moving your arm and head at the same time, tilt your head away and relax your arm down at your side, palm open.



Wrist Strengthening Extension

Supporting the forearm and with the palm facing downward, raise the hand moving at the wrist as high as possible. Hold 2 seconds and lower slowly.



Wrist Strengthening Flexion

Supporting the forearm and with the palm facing upward, lower your hand as far as possible and then curl it up as high as possible moving only at the wrist joint. Hold 2 seconds and lower slowly.



Wrist Strengthening Radial Deviation

Supporting the forearm, and with the thumb facing up, lower the wrist just below neutral, then curl up leading with the thumb moving only at your wrist joint. Hold 2 seconds and lower slowly.



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry ONE company at a time by helping ONE person at a time. If you have symptoms of pain or discomfort, see your Work Right NW Injury Prevention Specialist!

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