

HAND AND WRIST STRETCHES

Finger Stretches			
Inhale	Exhale	Inhale	Exhale
Place the fingertips together.	Stretch the fingers apart as you press your palms together.	Interlace your fingers together.	Push your hands out as far as comfortable
Thumb Stretch			
Inhale	Exhale	Repeat for the other side.	
Place your hand against your body and grasp the thumb.	Gently push the thumb down toward the floor.		
Wrist Extension			
Inhale			