

Injury Prevention Video Series

Stretching for the Hand and Wrist

These exercises have been selected to help keep our bodies moving well and to prevent injuries. All these movements should be performed in a slow and controlled manner and within a comfortable range of motion. If any of these exercises cause pain or discomfort, please discontinue the exercise.

- **Wrist Extension**
 - Stand and hold your left arm up and straight out in front of your body with the palm of left hand facing away from you. Grasp your fingers with your right hand and pull back to stretch the bottom part of wrist and forearm. Hold for 10-15 seconds and then switch to the right arm and wrist.
- **Wrist Flexion**
 - Stand and hold left arm up and straight out in front of your body and point fingers toward the floor so your palm faces you. Take your right hand and pull your left hand back toward your body to stretch the top side of the wrist and forearm. Hold for 10-15 seconds and then switch to the right arm and wrist.
- **Prayer Stretch**
 - Stand straight and put palms together in front of chest. Press together firmly and lower down towards your waist. Hold for 10-15 seconds. Next, switch hands around so that the knuckles come together. Repeat the stretch in this position.
- **Median Nerve Glide /Thumb Extension**
 - Stand straight and make a fist with your left hand while pointing thumb up toward the ceiling. Lift arm up and hold straight out in front of your body. Take your right hand and grab left thumb just below the thumb joint and slowly pull back toward elbow. Hold for 5 seconds and then repeat on the right side.
- **Thumb in Fist Wrist Stretch**
 - Stand straight and make fist with your left hand keeping your thumb inside the fist. Lift arm up and hold straight out in front of your body, slowly drop pinkie finger down towards the floor feeling a stretch in the top side of the forearm. Hold for 10-15 seconds and then repeat on the other side.
- **Claw Stretch**
 - Stand and hold your left hand in front of your body with palm facing you. Bend fingertips down to form claw and hold for 10-15 seconds and repeat with right hand.
- **Grip/Hand Squeeze (Need ball or small item that you can squeeze)**
 - Grip ball in hand and squeeze as hard as you can for 5 seconds. Perform 5-10 reps with each hand.
- **Finger Rubber Band Stretch**
 - Place a rubber band around fingers and open the hand as wide as possible. Hold for a few seconds and close hand. Perform 5-10 reps with both hands.