

**1 Ball Squeeze:** Hold a small ball (such as a stress or racquet ball) in the palm of your hand and squeeze. Hold 3 seconds and repeat.



**2 Towel Twist:** Hold a small towel in both hands; wring the towel, as shown, 10 times each way.



**3 Finger Extension:** Using a medium sized rubber band, slowly stretch the fingers apart, as shown. Repeat 10 times.



**4 Wrist Flexor Stretch:** With the left arm extended as shown, gently pull your hand back toward you. You should feel a stretch on the underside of the forearm.



**5 Wrist Circles:** Standing or seated, bend elbows to 90°. Making a gentle fist, slowly rotate wrists 10 times in a pain free range of motion, then reverse 10 times.



**6 Hand/Finger Stretch:** With hands in front of your body, open the hands, spreading apart the fingers then squeeze hands into a fist, repeat 10 times.



### Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

### Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

**PRECAUTIONS:** This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

HPMC Occupational Medical Services  
Health and Wellness  
376-3939  
[www.hanford.gov/health](http://www.hanford.gov/health)

It's Your Health  
**OWN IT!**



**STRONG & HEALTHY**

DAILY CONDITIONING FOR

**HAND & WRIST**