




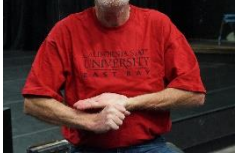




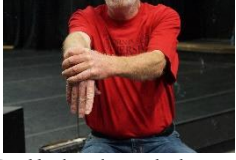



HAND AND WRIST STRETCHES

Finger Stretches			
<p>Inhale</p>  <p>Place the fingertips together.</p>	<p>Exhale</p>  <p>Stretch the fingers apart as you press your palms together.</p>	<p>Inhale</p>  <p>Interlace your fingers together.</p>	<p>Exhale</p>  <p>Push your hands out as far as comfortable</p>
Thumb Stretch			
<p>Inhale</p>  <p>Place your hand against your body and grasp the thumb.</p>	<p>Exhale</p>  <p>Gently push the thumb down toward the floor.</p>	Repeat for the other side.	
Wrist Extension			
<p>Inhale</p>  <p>Turn the palm up.</p>	<p>Exhale</p>  <p>Pull the hand down.</p>	<p>Continue Exhale</p>  <p>Extend the arm forward.</p>	Repeat for the other side.
Wrist Flexion			
<p>Inhale</p>  <p>Extend the arm with the palm turned down.</p>	<p>Exhale</p>  <p>Pull the hand down.</p>	<p>Continue Exhale</p>  <p>Flex the arm toward the body.</p>	Repeat for the other side.

Please note that you can repeat each stretch several times if you wish. You can also combine the wrist extension and flexion stretches into one continuous exercise.