Arms, Wrists, and Hands

Engaging in stretch break exercises can help alleviate discomfort by allowing your muscles and soft tissues to relax. However, before starting, please consider the following questions:

- Do you have any existing medical conditions?
- Have you experienced any medical conditions in the past?
- Do you have any stress-related disorders?
- Are you currently under the care of a medical professional?

If you answer YES to any of these questions, please consult your doctor, therapist, or healthcare professional before undertaking these exercises.

Downward Forearm Stretch

Extend your right arm in front of you with your palm facing out and fingers pointing downward. Use your left hand to gently pull your right hand downwards until you feel a stretch along your right forearm and/or wrist. Repeat with your left arm.

Upward Forearm Stretch

Extend your right arm in front of you with your palm facing downward. Place your left hand across the palm of your right hand and gently pull upwards until you feel a stretch in your forearm and/or wrist. Repeat with your left arm.
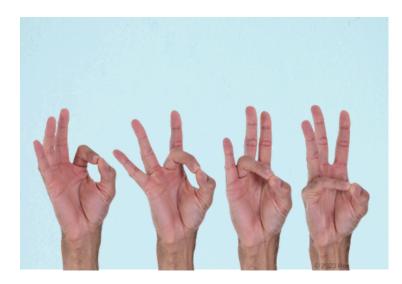

Prayer Position Stretch

Place your hands together in a prayer position. Apply gentle pressure, allowing your palms to touch and your wrists to bend back until you feel a stretch in the back of your forearms.

Individual Finger Stretch

Bend each finger individually, holding each bent position for a few seconds.

Finger Rotations

With your right hand face down on your lap or table, rotate each finger individually.
Repeat with your left hand.

Wrist and Forearm Stretch

Let your arms hang by your sides and bend one hand back at the wrist. Raise your arm in front of you, hold for a few seconds, then slowly lower your arm to your side. Repeat with the other arm.

Wrist Flexor Stretch

Hold both arms straight out with your palms facing away from you. Bend your hands downward until you feel a slight stretch on the back of your wrists. Hold for a few seconds, then return your hands to a flat position.