Hand, Wrist & Forearm Stretches
(To Prevent Repetitive Strain Injuries)

Here is a series of stretches for the hands, wrists and forearms. If you have RSI-type problems, do not do any of these that cause pain. Proceed with caution.

If you do not have an RSI-type problem, we recommend you follow this routine as preventive medicine.

1. 10 times clockwise & counterclockwise
   10 sec

2. 10 sec each position
   p. 65

3. pull each finger & thumb gently
   4 times each direction, do both hands
   p. 68

4. rotate each finger & thumb gently
   4 times each direction, do both hands
   p. 68

5. 5 sec each arm
   p. 66

6. 10 sec shake hands
   p. 68

7. 10 sec
   p. 67

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