

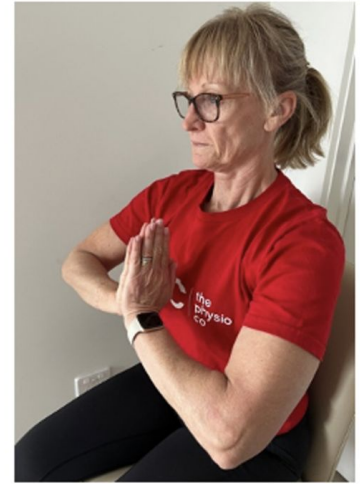
Wrist and Hand
Complete Every Day

Prayer Stretch

Sitting up tall in a chair.

Place the palms of your hands together. Slowly bring hands down to chest height or until you feel a stretch.

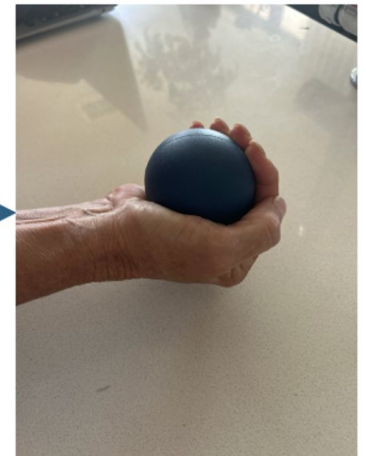
Hold this position for 10 seconds.



Ball Squeezes

Placing a ball in the palm of your hand (or any squeezable object), squeeze ball for 5 seconds.

Repeat 10 times



Finger Spreads

In standing or sitting. Bring your arms either straight out in front of you or resting in your lap.

Separate your fingers from one another then bring them back together until they are touching.

Repeat 10 times.



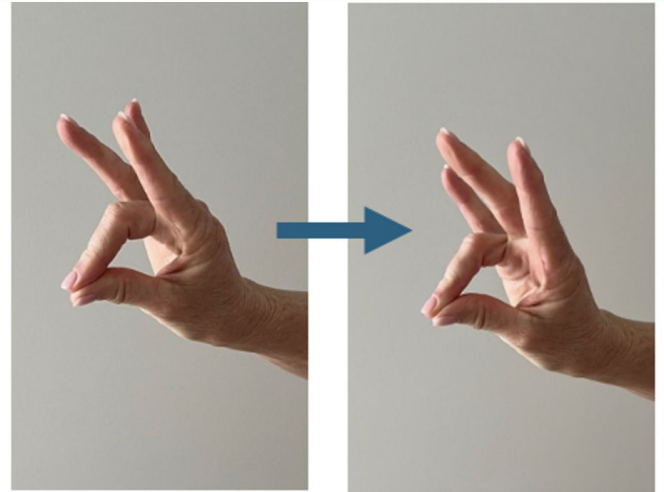
Wrist and Hand
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Thumb to Finger

In standing or sitting. Bring your hand out in front of you.

Touch your thumb to each of your fingers and back.

Repeat 5 times.



Wrist Circles

In standing or sitting. Bring your arms out in front of you.

Keeping your arms still make circles with your wrist.

Repeat 12 times.

