

Hand and Wrist Flexibility

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs. Please consult your doctor before undertaking any new exercise routine and use common sense while exercising. Listen to your body and be mindful of existing medical conditions.

This is seated exercise. Repeat each exercise several times.

Bring your hands together and interlace your fingers.
Rotate your joined hands in a figure 8 shape.

Unlace your fingers.
Bring hands back together with fingertips touching and palms open.

Gently press the hands together and apart to stretch the fingers.

Shake out your hands.
Face your palms forward and wiggle your fingers.

Make soft fists.
Open and close your fists.

Make soft fists.
Circle out your wrists in one direction.
Switch direction.

Release your arms to your sides.
Shake out your hands.

Face the palm of one hand forward.
Bring your other hand to your extended fingers.
Pull your fingers back toward your body until you feel a gentle stretch.
Face the back of your hand forward.
Bring your other hand to your knuckles and bring the hand towards you.
Stretch your wrist gently.
Repeat on the other side.

Bring your hands together and interlace your fingers, with palms facing toward the ground.
Pulse gently to feel a stretch in the palms of your hands and your knuckles.

Release your fingers and shake out your hands.

Place one forearm on your thigh, palm down.
Massage the arm from the elbow down to your hand.
Turn your palm up.
Massage the arm from the elbow down to your hand
Repeat on the other arm.

Reach both arms overhead and release back down 3-5xs.

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