

Wrist, Hand, and Arm Ergonomic Exercises

Wrist Tilt Exercise

The wrist tilt is perfect to gain feeling and momentum back into the wrist joint, especially after long bouts of typing on the keyboard:

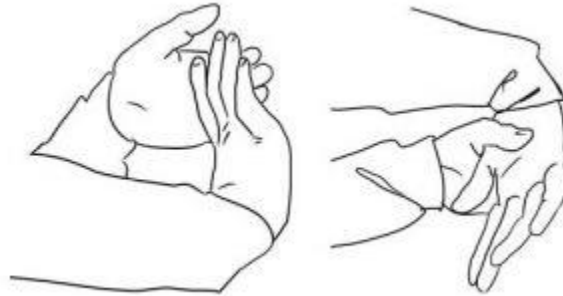
1. Begin with arm fully extended and palm facing downwards
2. Gently tilt wrist to the right
3. Hold for three to five seconds
4. Move wrist to the left and hold for another three to five seconds



Wrist Flexion Exercise

For people who have a shorter range of natural motion in their wrists, the wrist flexion exercise can help to increase flexibility and rejuvenate joints.

1. Hold arm outward with palm facing down
2. Catch the fingers of the extended hand with your opposite hand
3. Gently pull your fingers upwards until you feel a stretch on the underside of your wrist
4. Hold for 5 seconds, then release
5. Gently pull your fingers downwards until you feel a stretch on the front of your wrist
6. Hold for 5 seconds, then repeat on the other hand



Extended Finger Stretch

The extended finger stretch is a great method for stretching through the entire hand, which helps to alleviate stiff joints.

1. Begin with both hands extended and palms facing downward
2. Extend all fingers outward
3. Hold for 10 seconds, then slowly release
4. Bend all fingers at the knuckles
5. Hold for 10 seconds, then slowly release

