



Gentle Wrist & Hand Movements

CAUTION: Do not try these stretches if you have numbness in your hands or have been diagnosed with carpal tunnel syndrome or tendonitis at the wrist.

Wrist Stretch

- Hands together with palms facing
- Keep palms flat together
- Raise elbows, drop wrists, roll shoulders back

Carpal Tunnel Stretch

- Arm against side, elbow bent, hand held out in front of you, palm up
- Using fingers of other hand, apply slow, gentle downward pressure on outstretched palm, bending hand back slowly
- STOP when you feel a gentle pull
- Optional: Repeat exercise with elbow straight to stretch biceps



Hand & Wrist Series



Position 1
Wrist in neutral, fingers & thumb in flexion



Position 2
Wrist in neutral, fingers & thumb extended



Position 3
Wrist, fingers & thumb extended back



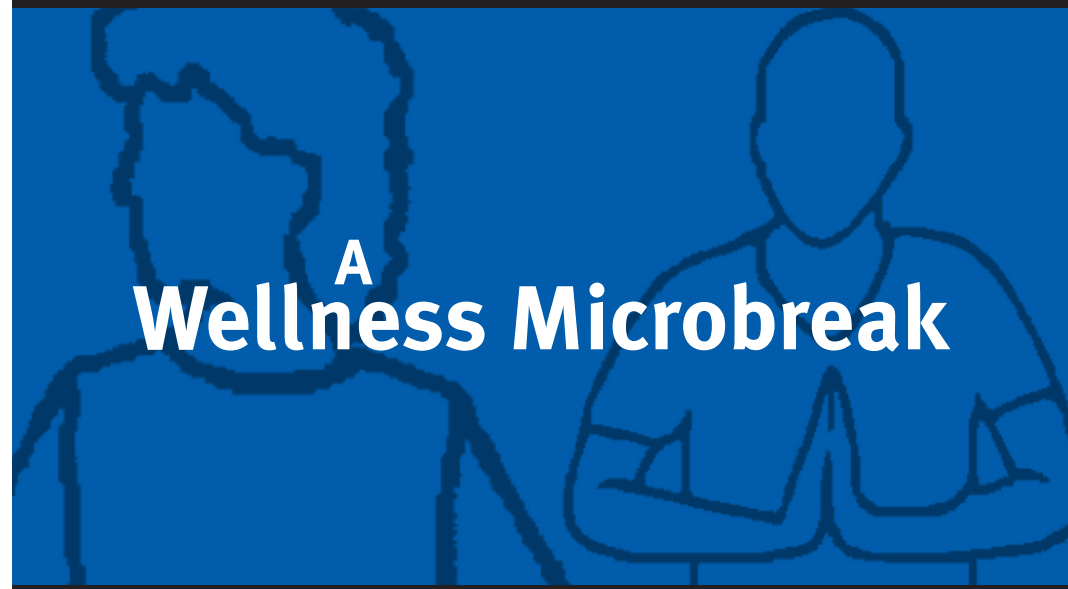
Position 4
Same as Position 3 with fingers & thumb spread apart



Position 5
Wrist in neutral, fingers & thumb same as Position 4



Position 6
Same as Position 5 with other hand gently stretching thumb



A Wellness Microbreak

A microbreak is a break you take every 30 to 60 minutes. Stop your current work activity, drink some water, change position, do a stretch and change posture. It can only take a minute. Then, reposition yourself and resume work.

Hydration is important for wellness.

Drink approximately eight, 8-ounce glasses of water per day. Tea, coffee and cola drinks pull water out of you; they are diuretics so they don't count.

The American Association of Occupational Health Nurses, Inc. (AAOHN) and United States Bone and Joint Initiative (USBJI) gratefully acknowledge the following contributors to this handout: Kathy Davis, PhD; Paul Dougherty, DC; Marjorie Eskay-Auerbach, MD; Helen K. Maher, PhD, RN, COHN-S; Catherine M. Pepler RN, BS, MBA, COHN-S/CM, FFAOHN and Kimberly Templeton, MD. Special thanks to Mary Gene Ryan, MPH, BSN, RN, COHN-S/SM, FFAOHN and MGRyan & Co., Inc. for their collaboration and generosity.

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These exercises are to be done as gentle stretches; they are intended for healthy adults and for educational purposes, not as medical advice. If you have any medical conditions or have had injuries to your neck, shoulders, spine, or arms, check with your health care professional before doing these exercises. If any of the exercises cause pain, STOP. Do not continue stretching through the pain.



Eye Relaxation

Refocus

- Focus on an object at least 20 feet away
- Repeat 3 times



Palm

- Shape hands into shallow cups
- Place hands lightly over eyes
- Hold them there for one minute



Rotate Eyes

- Look up, right, down & left 3 times
- Look up, left, down & right 3 times

Gentle Neck Movements



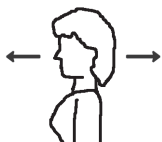
Head Tilt

- Sit upright with your spine relaxed (neutral)
- Lower left shoulder
- Tilt head to right
- Hold 10 seconds
- Repeat on opposite side



Head Rotation

- Sit upright with your spine relaxed (neutral)
- Turn head slowly to right
- Repeat on opposite side



Neck Retraction

- Face forward
- Keep head & ears level
- Slide head forward & back
- Repeat 5-10 times

Gentle Lower & Mid Back Movements



Reverse Slouch

- Sit relaxed, hands on knees
- Curl head forward, drop arms
- Slowly let hands & body curl toward floor
- Slowly uncurl, from lower back up to head
- If possible, support lower back with hands & arch back gently



Mid Back Realignment

- Raise one arm beside & touching ear
- Bend this arm at elbow so hand is behind head
- Opposite arm is down & bent behind back; hand reaching toward mid back (trying to touch other hand)



Abdominal Strengthening

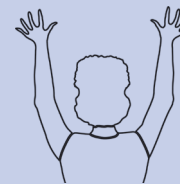
- Tighten abdominal muscles while seated or standing
- Hold for count of 10, release & repeat 5-10 times

Gentle Shoulder & Upper Back Movements



Upper Back

- Hands behind upper back
- Bend forward, elbows toward floor
- Unwind, lower back first, head last



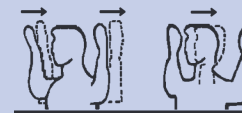
High Reach Stretch

- Raise arms reaching above head
- Spread fingers
- Reach as high as you can
- Hold for 5 seconds, relax & repeat 5 times



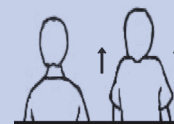
Shoulder Rolls

- Sit comfortably; back upright & relaxed, feet flat on the floor
- Gently roll shoulders backward; relax & repeat 5 times
- Reverse directions and repeat above steps, if needed



Shoulder Squeeze

- Sit upright with your spine relaxed (neutral)
- Elbows at shoulder height
- Move arms back; squeeze shoulder blades together & hold
- Slide head back over shoulders



Shoulder Shrug

- Sit upright with your spine relaxed (neutral)
- Shrug shoulders up & hold
- Relax & repeat 5 times