



momentum
CHIROPRACTIC

Stretches for the

Hand, Wrist & Forearm

Approximately 5 Minutes

Here is a series of stretches for the hands, wrists and forearms. Follow this routine to counteract repetitive stress to these areas. If any stretch is painful, proceed with caution or consult us for a modified stretch.



10 times
clockwise & counterclockwise



10 seconds
each position



Pull each finger & thumb gently 4 times each
direction; do both hands



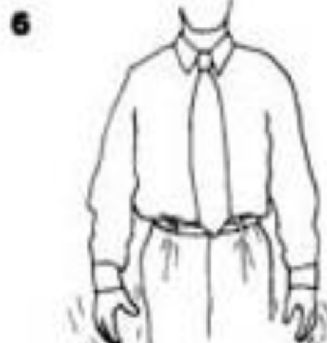
Rotate each finger & thumb gently 4 times
each direction; do both hands



5 seconds
2 times



5 seconds
each arm



10 seconds
shake hands



10 seconds

Demonstrations of all stretches can be found on our YouTube channel by searching
Momentum Chiropractic stretching.