

## HAND AND WRIST STRETCHES

<b>Finger Stretches</b>			
Inhale	Exhale	Inhale	Exhale
Place the fingertips together.	Stretch the fingers apart as you press your palms together.	Interlace your fingers together.	Push your hands out as far as comfortable
<b>Thumb Stretch</b>			
Inhale	Exhale	Repeat for the other side.	
Place your hand against your body and grasp the thumb.	Gently push the thumb down toward the floor.		
<b>Wrist Extension</b>			
Inhale			