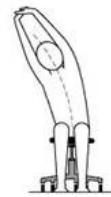

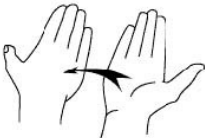
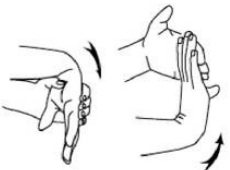

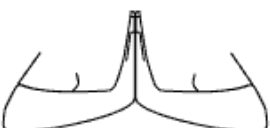


Stop & Take an **ERGO** Break

#2: Hand and Forearm



Here are a number of hand and forearm exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain.

<p>Wrist Tilt</p> 	<p>With hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3 times.</p>
<p>Wrist Rotation</p> 	<p>Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds.</p>
<p>Wrist Flexion/Extension</p> 	<p>Grasp hand and hold fingers with the other hand. Slowly bend wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold & relax.</p>
<p>Finger Stretch</p> 	<ol style="list-style-type: none"> Start with your hand open. Make a fist Touch your fingertips to the base of your palm, keeping the thumb straight. Gently make a hook. Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Don't force your fingers with your other hand if something is painful.
<p>Forearm Stretch</p> 	<p>Sitting with your elbows on the table and palms together, slowly lower wrists to the table until you feel a stretch (your elbows will move outward a bit). Be sure to keep your palms together throughout the stretch. Hold 5 to 7 seconds. Relax. Repeat 3 times.</p>

References: <http://www.safetyoffice.uwaterloo.ca/>, <http://www.ccohs.ca/>