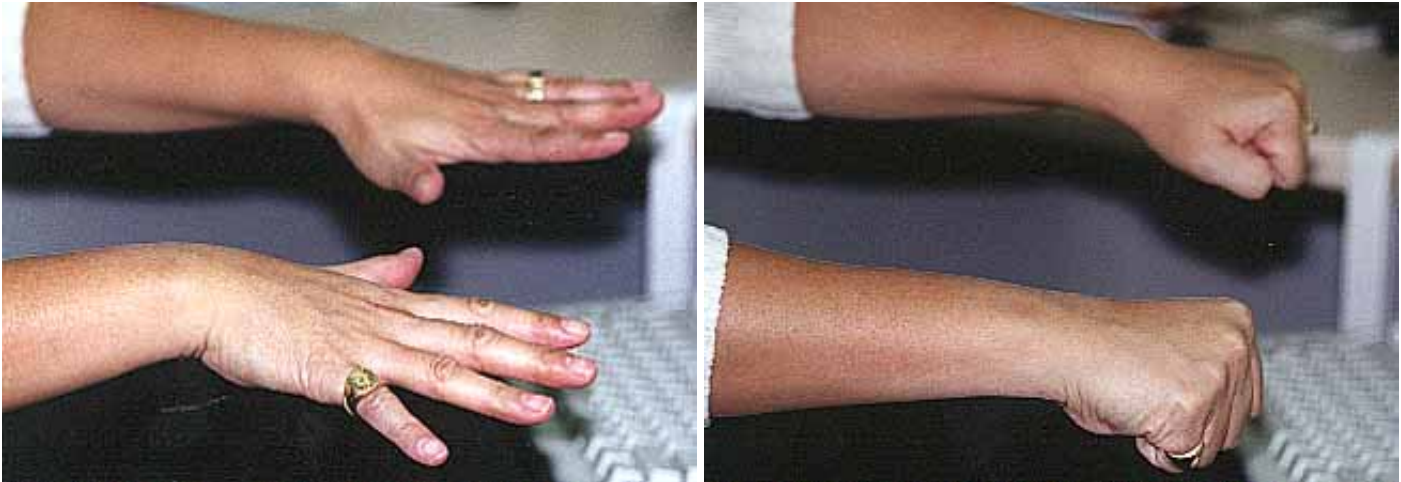


HAND STRETCHES



FINGER FAN

- Sit or stand up straight with your shoulders relaxed. Bend your elbows so that your forearms are approximately parallel to the floor.
- Gently stretch your fingers out like a fan. Keep your wrists straight.
- Hold the stretch for 10 seconds.
- Relax, then bend your fingers at the knuckles. Keep your wrists straight.
- Hold for 10 seconds.
- Stretch your fingers out again for 10 seconds.

Choose another area to stretch...