

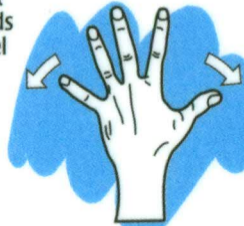
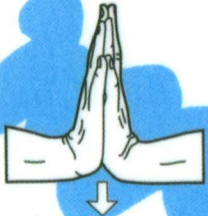
Time Out for Busy Hands

SISC
Self-Insured Schools of California



- 1.** Grasp palm and fingers; gently bend back wrist. Hold 5 counts.

- 2.** Press hands together at chest height. Lower hands toward lap until you feel stretch in wrists. Hold 5 counts.



- 3.** Spread fingers wide. Hold 5 counts.

- 4.** Gently pull thumb back and down until you feel the stretch. Hold 5 counts.



- 5.** Curl fingers into a fist starting with little finger. Then curl wrists. Hold 5 counts.

- 6.** Massage inside and outside of hand with thumb and fingers. Shake out.



Always stretch gently using controlled movements. If you experience pain or discomfort, discontinue exercise and consult a healthcare professional. If under care, check with your healthcare professional prior to doing these exercises.