
WORKSAFE

► Stretches for the Hands and Forearms

Working at a computer workstation all day can lead to pain in the hands and forearms. Here are some techniques to avoid these pains.

- Start with your hand open. Make a fist. Keep your thumb straight, not tucked under your fingers. Slide your fingertips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Do not force your fingers if something is painful.
- With your 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.
- 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. Next, rotate the palm up until you feel a stretch. Repeat 3 times.
- Grasp your hand and hold your fingers with the other hand. Slowly bend your 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 and relax as above.
- 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.

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From: **CCOHS, *Office Ergonomics Safety Guide***

Adapted from: www.ccohs.ca/oshanswers/ergonomics/office/stretching.html