

## WRIST AND FINGERS

**Objectives :** To mobilise the wrist and the fingers, to stretch and to strengthen the musculature of the forearm.

**How to perform the exercise :** The exercises shall be performed simultaneously with both the hands, taking care to see that the movements are not made difficult by the clothes.

**Exercises : Seated at table with forearms and hands resting on it**



### Exercises 1

**Starting Position :** Sitting with forearms and hands resting on a table.

**Method :** Raise the hands without moving forearms.



### Exercises 2

**Starting Position :** Sitting with forearms and hands resting on a table.

**Method :**

- Move the hands along the table from side to side from the wrist, without moving the forearms.
- Carry out the same exercise, raising hands from the table, wrist upwards, making a semi-circular movement.



### Exercises 3

**Starting Position :** Sitting at the table with the hand over the edge.

**Method :** Bend and extend the hand from the wrist. Continue the same exercise by holding a maximum weight of 2 kgs. in each hand.



### Exercises 4

**Starting Position :** Sitting at the table with the hand going beyond the edge.

**Method :**

- Rotate the hand in a circular motion in both directions.
- Continue the exercise alternately by holding in each hand a weight not exceeding 2 kgs.



### Exercises 5

**Starting Position :** Sitting at the table with the hand over the edge.

**Method :**

- Rotate the forearm, making the palm face upwards, and then repeat the movement in the inverse direction, palm facing the floor.
- Continue the same exercise alternately with a weight in each hand, preferably holding an empty bottle.



### Exercises 6

**Starting Position :** Hands and forearms resting on a table.

**Method :** Spread the fingers and thumbs, separating each one



### Exercises 7

**Starting Position :** Forearms and outer sides of palms resting on a table.

**Method :** Bend the arms at the elbows, bringing forearms up, open and close fists, revert to starting position.



### Exercises 8

**Starting Position :** Elbows resting on a table, palms open, fingers extended.

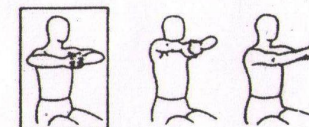
**Method :** Bring the tips of the each thumb and index finger together, repeat with each one of the fingers, extending the fingers between each movement.



### Exercises 9

**Starting Position :** Sitting at the table with palms together.

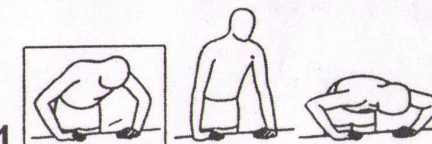
**Method :** Without separating the palms, direct the fingers first towards the floor and then towards the chest.



### Exercises 10

**Starting Position :** Palms joined over the chest.

**Method :** Rotate the forearms so that the fingers face the chest, slowly stretch the arms forwards at shoulder level, keeping the palms together, revert to starting position by making the same movements in the inverse direction.



### Exercises 11

**Starting Position :** Standing, hands turned inwards supporting yourself on a table.

**Method :** Bend downwards, letting the chest touch the table, straighten the arms and then repeat the movement again.

### 12

**Practical exercises :** Open and close a water-tap or a window, turn a key into a keyhole, button and unbutton a garment, knot a lasso, operate a switch, open and close a door, screw and unscrew a cover, pick up match sticks or needles and do writing exercises.