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# Healthy Hand Solutions

"If you have any medical problems, please consult a health care professional before attempting any of these stretches"

## Active Tendon Stretch video #2



Elbows straight, palms up, wrists bent down so fingers point at the floor, spread fingers apart.



Move arms back and squeeze shoulder blades together. Hold for 5 seconds.

Perform 3 repetitions.

## Easy Nerve Glide video #10



Hold the baby pose



Stop the car pose

Perform slowly for 5 reps in a gentle fluid motion alternating sides.

## Neck Stretch video #3



Place one hand behind back and other hand on top of shoulder.



Tilt head away. Hold for 5 seconds.

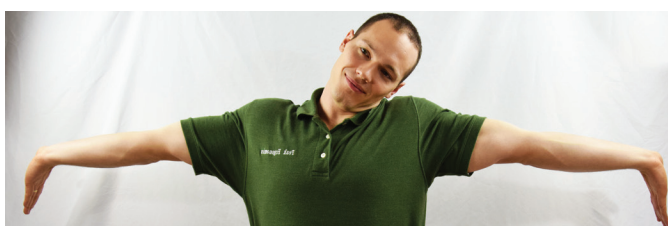


Turn head down. Hold for 5 sec. Turn head up. Hold 5 sec.



Perform 3 repetitions on each side.

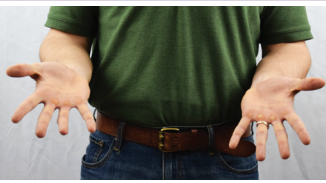
## Advanced Nerve Stretch video #4



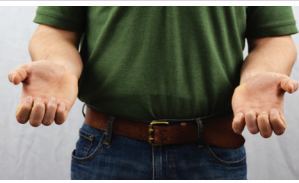
Place arms out to side with palms up. Bend wrists back so that fingers point down. Look straight ahead. Tilt head to the side. Hold for 5 seconds. Look straight ahead. Tilt head to the other side. Hold for 5 seconds. 3 repetitions on each side.



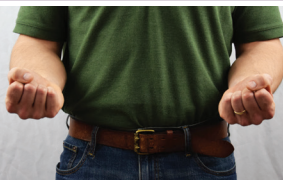
## Tendon Glides video #45



Spread thumb and fingers as wide as possible. Hold for 5 seconds.



Slowly make a hook hand then straighten your fingers for 5 repetitions.



Slowly make a fist and then straighten fingers 5x.



Slowly make a fist, keeping tips straight. Straighten fingers for 5 repetitions.



Block fingers and slowly bend and straighten the ring finger for 5 reps.



Followed by the long finger for 5 repetitions.



Followed by the index finger for 5 repetitions.



Spread fingers apart wide.

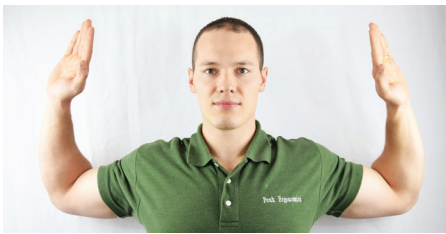


Bring fingers together for 5 repetitions.

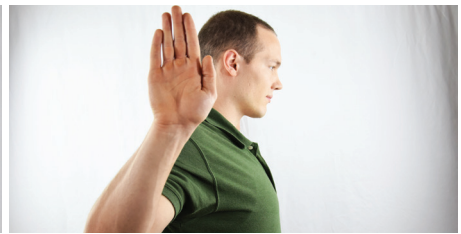
## Posture Correction video #27



Place hands in front of forehead with palms facing out. Take a deep breath in.



Slowly exhale while pulling elbows toward back pockets while rotating palms out. Squeeze shoulder blades together. Pull head back while chin is tucked. Repeat 3 times.



Once you have fully exhaled, repeat for 3 repetitions.

## Advanced Tendon Stretch (Passive Flexor Tendon Stretch) video #24



Start with elbow straight and palm up. Bend wrist and fingers towards the floor.



Use the other hand to gently pull down on palm and fingers until you feel a stretch to your elbow.



Do not pull back on fingers alone but the palm and fingers together. Hold for 5 seconds.

Perform 3 repetitions on each side.