

MOVEMENTS AND STRETCHES



FINGER MCP EXTENSION STRETCH

Grasp the hand below the closest knuckle and gently stretch the finger it into extension as shown.

Perform the same technique with all fingers.

SLOWLY!
DO NOT PULL BACK QUICKLY OR FORCEFULLY
You do want to keep your fingers :)

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform As many times to keep your flexibility throughout the day.

FOR AT WORK AND HOME!