

# Hand Motion



**Can you are you able to open and close your hands without experiencing any pain and with a good range of motion? Additionally, do you notice any weakness in your hands?**

Similar to other joints in your body, your fingers require regular movement throughout their full range of motion. However, many of our daily activities, such as using cell phones, keyboards, and driving, often keep our hands in a restricted position. One effective way to prevent pain is to perform wide opening and closing movements of your hands several times a day. **If you're experiencing any restricted range of motion or weakness in your hands, our wellness team can assist you in designing a program to address these issues.**

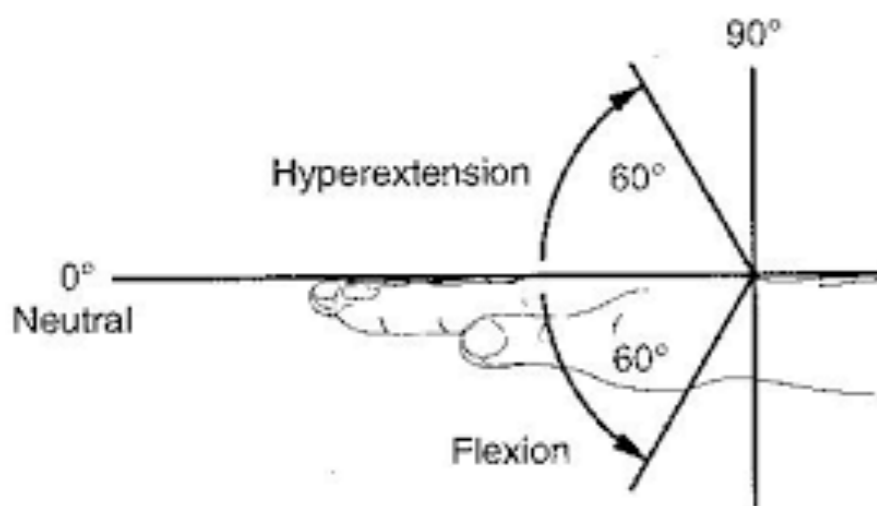
**Solving problems before they happen.**

**Can you flex (70 to 90 degrees) and extend (65 to 85 degrees) with no pain and good range of motion?**



Forward bending of your wrist is called flexion. This motion is needed for daily activities such as styling your hair, writing, getting dressed, using a screwdriver and lifting heavy objects. Normal wrist flexion is approximately 70 to 90 degrees.

Extension -- backward bending of your wrist -- is necessary for opening your car door, pushing a door closed, pressing up on the arms of a chair and driving. Normal wrist extension is approximately 65 to 85 degrees. Both of your wrists should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your wrists. Talk to a medical professional about this. Limited wrists range of motion affects many of our everyday movements and activities. **Do you have restricted range of motion of the wrists? If you do the wellness team can help you design a program.**



**Solving problems before they happen.**