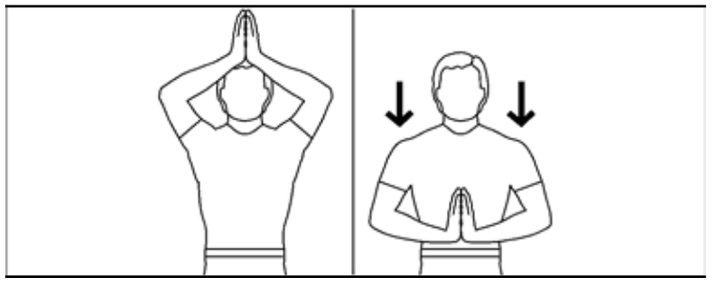
Know Your Joints

Muscle and Joint Care Suggestions

These are some of my favorite must do Forearm movements especially if you use a PDA or computer all day long. These simple motions nourish your joints and strengthens.

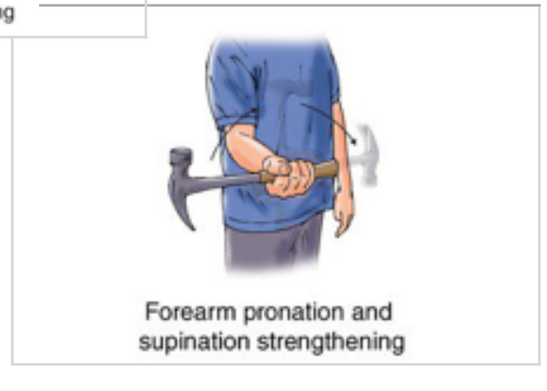
Wrist Extensor Stretch: You can do this with arm straight out in front as well as with arm by your side. As you flex your wrist twist your hand out and then hold that position. Hold each stretch for 15 to 30 seconds. Do 1-3 sets

Wrist flexor stretch hands together - prayer position: Go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds.



Grip strengthening: Squeeze a soft rubber ball or other object for 5 seconds. Do 1-3 sets of 5-10 reps.

Forearm pronation and supination strengthening: Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. Slowly turn your hand so your palm is up and then down. Do 2 sets of 15.



See our Joint Care Program and Hand Care Program