Know Your Joints

Muscle and Joint Care Suggestions

These are some of my favorite must do hand and finger exercise especially if you use a PDA or computer all day long.

Make a Fist and Open Wide

Stretch only until you feel tightness. You shouldn't feel pain. Start with this simple stretch:

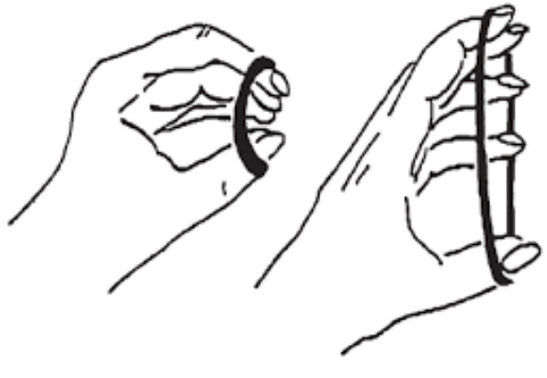
- Make a gentle fist, wrapping your thumb across your fingers.
- Release and spread your fingers almost as wide as you can.
- Repeat with both hands at least several times

Claw Stretch

- Bend your fingertips down to touch the base of each finger joint. Your hand should look a little like a claw.
- Move to a light fist.
- Repeat with both hands at least several times

Rubber Band Finger Strengthening

- Wrap a rubber band around your fingers and open wide.
- Repeat several times.



See our Joint Care Program and Hand Care Program