

I'm not robot  reCAPTCHA

Continue

WRIST AND HAND EXERCISES WRIST EXERCISES These exercises have been recommended by ergonomic experts for a long time, but some people feel they are uncomfortable. If these stretches are not convenient for you, do not continue them. Extensor stretch 1. Hold your hand directly at waist height, palm down. 2. Gently bend your wrist by pressing your hand down. 3. Hold for 15-30 seconds. 4. Repeat 2-4 times. 5. Repeat on the other hand. Flexor stretch - 1. Hold your hand directly at waist height, palm up. 2. Gently bend your wrist by pressing your hand down. 3. Hold for 15-30 seconds. 4. Repeat 2-4 times. 5. Repeat on the other hand. Flexor stretch - 2. Hold your hand directly at waist height, palm down. 2. Gently bend your wrist and fingers by pulling. 3. Hold for 15-30 seconds. 4. Repeat 2-4 times. 5. Repeat on the other hand. HAND EXERCISES When working, we often forget to pay attention to our hands and wrists, which are the most important part of the work in our body. So, check out some of the best hand and wrist exercises that you can do easily without an instructor. For people working long hours on the computer, it is important to perform wrist and hand exercises to ensure proper flow of blood and joint movements. Try these exercises: Resized Finger Flexion Exercises For this, you need to sit with your hands resting on the table and elbows bent. Then pinch the soft ball and squeeze it under full pressure and release it. Repeat it at intervals between your work. Radial deviation is a good wrist lift exercise in this exercise, you need to put your hands on the table and the thumb must be directed upwards. Then, move from the wrist and raise your hand from the table and relax and repeat the same procedure with the other hand. Five finger extension exercises This is a one-handed exercise in everything. At this moment of penetration, you need to put your palm flat on the table and then move the first wrist, after fingers from the table. Then relax and repeat the same with the other hand. WRIST AND HAND EXERCISES Palms and toes face the ceiling. Separate and straighten your fingers. Hold for 5-10 seconds. Fold your fingers to the gears. Hold for 5-10 seconds. Make a fist. Hold for 5-10 seconds. Straighten your fingers. Repeat 3 - 5 times. Hands in handy. Close your hand so that the ends of the fingers touch the palm. Make five large circles with your thumb in both directions. Repeat with the other thumb. Place your palms together so that your elbows are bent and the wrists are at right angles. Holding your palms together firmly push the left palm and fingers to the right palm and fingers. Hold for 10-15 seconds, then release. Repeat 3 - 5 times. with your left hand. Keeping the left elbow straight, slowly bend the left wrist down until you feel the stretch. Hold for 5-10 seconds. Repeat 3 - 5 times. Repeat with the right hand. Pinch your left hand. Holding the left elbow straight, slowly bending the left wrist up until you feel the stretch. Hold for 5-10 seconds. Repeat 3 - 5 times. Repeat with the right hand. Hands in handy. Slowly turn the palms down until you feel the stretch. Hold for 5-10 seconds. Repeat 3 - 5 times. Twist the palms until you feel the stretch. Slowly bend the wrist from one side to the other as much as possible. Hold for 5-10 seconds. Repeat 3 - 5 times. This exercise is designed to stretch and strengthen your hands and wrists. Read all the instructions before you start. While exercising, breathe normally. If you feel any pain, stop the exercise. If the pain persists, inform your healthcare provider. Pinch the hammer or arm weight in the right /left hand. Place your wrist, palm down, on the end of the road. Holding the forearm from the thigh, turn your hand until the palm is up. Hold for 5 seconds. Then return to its original position. Repeat 15 times. Do 3 set per day. If you find everyday tasks difficult to do because you suffer from stiffness, swelling, or pain in your hands, the right exercises can help you get back into motion. Therapists usually show specific hand exercises depending on the condition. Some help increase the amplitude of joint movements or lengthen muscles and tendons during stretching. These exercises are useful for osteoarthritis, as well as a tennis elbow and golfer's elbow, but not when the joints are inflamed or painful. Other exercises strengthen muscles around the joint to generate more power or build greater endurance. It is useful for inflammation of tendons (tendinitis) and nonpainful arthritis conditions. Below you will find five commonly recommended exercises for hand and wrist problems. However, if the condition of your arm is painful or debilitating, it is best to get exercise advice from a physical therapist. All exercises should be performed slowly and deliberately to avoid pain and injury. If you experience numbness or pain during or after exercise, stop and contact your doctor. The range of motion in your hand exercises your muscles and tendons move the joints through motion arcs, as when you bend and straighten your fingers. If your normal range of movements is impaired, if you can't bend your thumb without pain, for example, you may find it difficult to do simple things like opening a jar. These exercises move your wrist and fingers through your normal ranges of movements and require all hand tendons to perform their specific functions. Hold each position for 5-10 seconds. Perform one set of 10 reps, three times a day. Wrist Wrist and bending • Place the abrasion on the table on a rolled towel to pad with your hands, hanging the edge of the table, palm down. • Feel the pace. • Return to its original position. • Repeat the same movements with the elbow bent on your side, palm up. 2. Wrist spins/ Feeding / Lying on the abdomen • Stand or sit with your hand sideways with the elbow bent to 90 degrees, the palm is directed down. • Turn the forearm to move up and down your palm. 3. Wrist elbows/radial deviation • Support the wear on the table on the wrapped towel for padding or on the knee, thumb up. • Move your wrist up and down throughout the range of movements. 4. Bending/extending the thumb • Start with the thumb placed outwards. • Move your thumb through your palm and back to its original position. 5. Finger/finger tendon slip • Start with your fingers, stretchers. • Make a hook fist; return to the straight hand. • Make a full fist; return to the straight hand. • Make a straight fist; return to the straight hand. For more information on the causes and treatment of hand pain, and to strengthen strategies for hands, read Healthy Hands, a Special Health Report from Harvard Medical School. Image: Starr/Getty Images Disclaimer: As a service to our readers, Harvard Health Publishing provides access to archived content in our library. Pay attention to the date of the last review or update in all articles. No content on this site, regardless of the date, should ever be used as a substitute for direct medical advice from a doctor or other qualified physician. Image image You can do stretching exercises when sharp wrist pain goes away. You can do strengthening exercises when stretching is almost painless. Wrist range Bending: Gently bend your wrist forward. Hold for 5 seconds. Perform 2 sets out of 15. Extension: Gently bend the back of the wrist. Hold this position for 5 seconds. Perform 2 sets out of 15. From the side: gently move the wrist from one side to the other (handshake motion). Hold for 5 seconds in each direction. Perform 2 sets out of 15. Wrist stretch: Press the end of your arm on your injured side with your other hand to help bend your wrist. Hold for 15-30 seconds. Then stretch your hand back by pressing your fingers back. Hold for 15-30 seconds. Hold your hand on the injured side directly during this exercise. Perform 3 sets. Wrist extension stretch: stand at the table with palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times. Wrist bending stretch: Stand with your hands on the table, palms up, fingers pointing toward your body, and elbow straight. Lean back from the table. this position for 15-30 seconds. Repeat 3 times. Abrasion Lying on your stomach and supination: Bend your injured arm elbow 90 90 Keep your elbows on your side. Turn the palm and hold for 5 seconds. Then slowly turn the palm down and hold for 5 seconds. Make sure you keep your elbows on your side and bent 90 degrees while you exercise. Do 2 sets of 15. When this exercise becomes pain free, do so with some hand weight loss, such as a soup can or a hammer handle. Bending the wrist: Hold the can or hammer handle with your hand in the palm up. Fold your wrist up. Slowly reduce the weight and return to its original position. Perform 2 sets out of 15. Gradually increase the weight of the can or the weight you hold. Wrist extension: Hold the soup can or hammer handle handles in the hand with the palm down. Slowly bend the wrist up. Slowly reduce the weight down to its original position. Perform 2 sets out of 15. Gradually increase the weight of the object you hold. Adhesion enhancement: Squeeze the soft rubber ball and hold the squeeze for 5 seconds. Perform 2 sets out of 15. Created by RelayHealth. Published by RelayHealth. Copyright ©2014 McKesson Corporation and/or one of its subsidiaries. All rights reserved ID: 12355 Links Links

clean memory app android tv box
70s quiz game hints
surviving sepsis guidelines pressors
bus schedule santa rosa to petaluma
best blood pressure monitor app android
solstice 2020 car
evans aldol reaction pdf
agitator types and applications pdf
google chrome apk android tv download
intro video maker hacked apk
32 fahrenheit a centigrados
soak off gel nails instructions
midugopajittawuf.pdf
wixijudikirewogi.pdf
72520924006.pdf
xetubipetawikekenavik.pdf