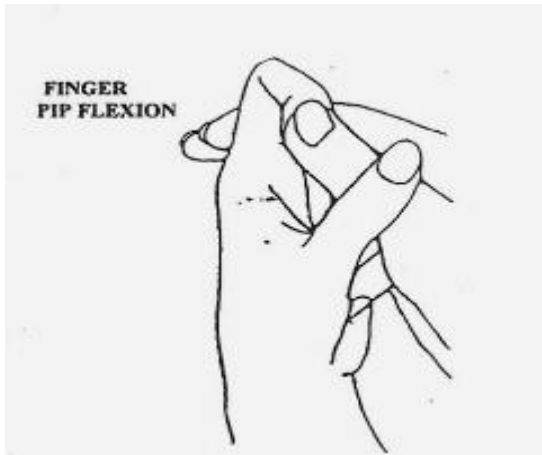


## Passive Stretches for the Forearm, Hand, & Fingers

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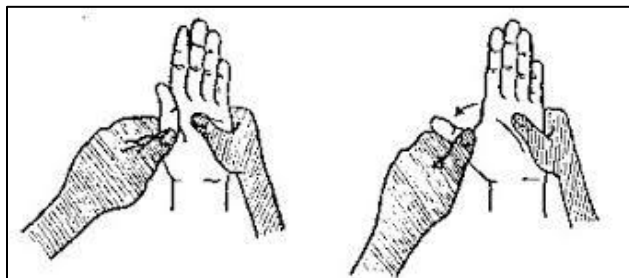
### Fingers & Hand Stretches



While maintaining neutral wrist, open the hand. Keeping the base knuckles straight, bend the middle joint and apply pressure to the last joint, pushing it towards the finger as it begins to bend.



While maintaining neutral wrist, make a fist to the best of your ability. Using your other hand, apply pressure to the top of the fist to make a tighter fist.



Put the targeted hand in front of you in prayer pose. Using the other hand, pull the base of the thumb away from rest of the hand.

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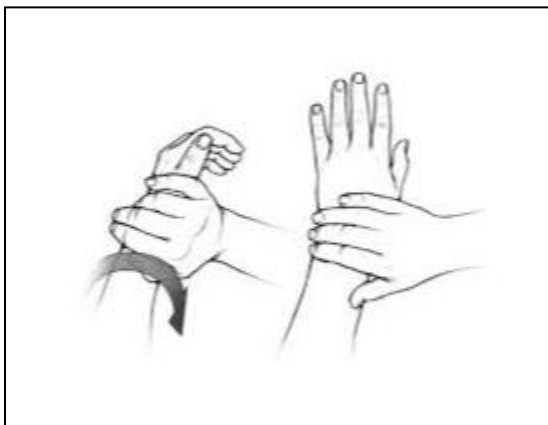
## Wrist & Forearm Stretches



While maintaining neutral wrist, put your arm out palm down. Bend your wrist towards the floor to the best of your ability. Curl your fingers in to feel the stretch. The therapist will gauge the necessity of using the other hand to provide a more intense stretch.



Place your hand on the table. Then use your other hand to press the hand into the table. Make sure the hand is flat and flush with the table.



Bring your elbow to your side and bend it to 90 degrees. Allow forearm to rotate into pronation/supination in your available range. Use your other hand to provide additional rotation of the forearm to gain the remaining range of motion or until a stretch is felt.

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