

Hand Relaxation Exercises for Lockdown – use to stretch and relax after using a computer/writing.



1. Push palms together



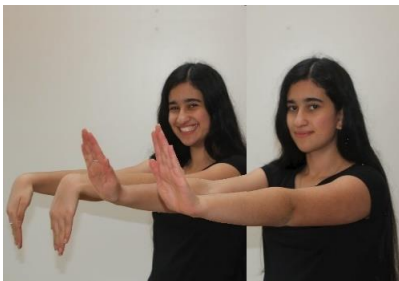
2. Link fingers and pull



3. Make a fan, claw and fist



4. Move thumb across palm & back



5. Stretch wrists down, then up



6. Interlock fingers and push away



7. Palms down, rock body side to side



8. Shake hands with arms by side



9. Be active...Go outside!

