

warm-up 5.

cooper stansbury

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Description:

Hand/finger stretching is important. Each set of exercises should be done very slowly. Here are three types of stretches to consider:

(1) Backwards stretches. Start with your hand spread out. For each finger, gently push the finger backwards towards your forearm (away from your palm) until it feels tight. Keep the finger straight. Slowly make a loose fist with the remaining fingers. Do this for both hands.

(2) Forwards stretches. Start with your hand spread out. For each finger, gently push the finger forwards towards your palm (away from your forearm) until it feels tight. Keep the finger straight. Slowly make a loose fist with the remaining fingers. Do this for both hands.

(3) Sideways stretches. Start with your hand spread out. Spread your pinky/ring finger away from one another. Repeat this for the ring/middle fingers, ect. Do for both hands.

