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The human hand has 27 bones - 3 in each finger except the thumb, which has 2. When you have injured your finger, whether it is an injury to one of these bones or joints, connective tissue or tendons, your doctor may advise you to complete exercises on your finger. Exercising your finger after an injury can make it stronger and easier to move. However, you should not start these exercises until your doctor says it is safe. By exercising your injured finger every day, you can help in the fight against pain and increase flexibility. Doing these exercises regularly can help your finger get back to its healthy state: Exercise: Range of motion This exercise can help you straighten your finger, which will make it easier to move. To do this exercise, use an unscathed hand to slowly straighten and bend the injured finger. Hold it straight, then slowly bend it. Exercise: Expanding your fingers This exercise also makes it easier to straighten your finger. To do this exercise, put your injured hand flat on the table, palm face down. Lift each finger one at a time. Exercise: Grip Strengthening This exercise can make your finger stronger. To do this exercise, make a fist with an injured hand and hold it for a few seconds. You can do this exercise using only your hand, or you can squeeze the ball (such as a soft stress ball or tennis ball). If you use a tennis ball, make a cut towards the ball to make it easier to squeeze. Exercise: Object Pickup This exercise can improve fine motor skills such as writing or tying shoes. To do this, pick up small items such as coins, balls or buttons with an injured finger and thumb. It is possible that you may not be able to complete all of the above exercises, or that moving your finger a certain way can actually worsen your injury. Do not try to self-diagnose what happened to your finger. See your doctor to find out what happened and what you can do to help. When should I start to see improvements? What if my finger starts to feel worse? Are all these exercises suitable for my injury? Are there any daily activities I should refrain from doing while my finger heals? When will my finger move normally? Image © copyright American Academy of Family Physicians Image caption This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and get more information on the subject. Medical Review daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS - Author Amber Petty August 27, 2020 Exercises Habits for Healthy Wrist Breaking Injury Takeaway Sives created for Greatist Experts Healthline. Read more If the militants have taught us anything, it's that most of us will spend a few minutes hanging by the abyss of the building at some point in our lives. In order to survive, you need to Wrist. Even if you don't spend time hanging out on expensive lives and quipping with villains, strong wrists can help make daily tasks easier. Whether you're typing, insing products, doing pull-ups, or discovering what's impossible to jar, wrist strength and flexibility are key. Share on Pinterest With these areas and exercises, you will keep your wrists strong and avoid injuries. Put a pause on the day of the leg - the wrist day where it is on. To strengthen your wrist, you actually need to strengthen your forearms and increase mobility in your wrist joints. Wrist movement includes 35 muscles! Your wrist connects your forearm to your arm - that joint should remain loose, so you can still enter 100 words per minute. And all those forearm muscles have to stay strong, so you can grip these Costco products like a pro. Especially if you sit at your computer all day, your wrists and forearms can develop repetitive motion injuries or illnesses like carpal tunnel syndrome. By giving your wrists a little love and exercise, you may be able to avoid these pains. Even if you have more trying injuries like tennis elbow, simple exercises at home can relieve pain. If you're not a Popeye sailor man, you probably don't spend much time on fillers up to your forearm. With all these exercises, start without weight or very light weight, so you don't overwork these relatively small muscles. Warmup When with any other form of exercise, you want to warm up a bit before diving in to wrist training. If you have any pain or stiffness in your wrists, place a warm towel or heating pad on the square for 15 minutes. This is a very literal warm-up, but it will help increase blood flow and flexibility in the area before you start exercising. If you don't feel stiff or sore, just walk for a minute or two. This easy cardio gets blood flowing and allows the wrist and forearm to move naturally. You don't need a complicated workout for wrist exercises, but it's best to do a bit of activity, so you don't accidentally work, stretching, and possibly injuring your cold muscles. Note: If you ever feel pain with any of these exercises, stop! Listen to your body and never push to the point of discomfort. Palms to the sky / Palms on the floor Sher on Pinterest This gentle exercise gives a tiny stretch on the wrists while building strength. Sitting or standing, keep your hands in T. Turn your hands so palm face up. Turn your hands so the palms are turned down. Repeat 10 times. Try to keep your shoulders and neck relaxed. The movement should only be in the wrists, not the hands, elbows or shoulders. Hand Share Jazz Fist on Pinterest This is another gentle exercise that focuses on hand flexibility and strength. With one hand on the table, as if you were about to abtise someone. Make a fist. Slowly open your fist and stretch your fingers as wide as they can go (make a jazz hand). Repeat 10 times, then switch to hands. Singing All That Jazz is optional. Rotation Share on Pinterest You can do this without weights, light resistance bands, or 1-5 pounds of dumbbells. Start without weight and add weight only if you don't feel pain. Sit with your arms bent to 90 degrees and forearms in front of you with your palms down. Keep light resistance bands or dumbbells, or go without weight and pretend you're holding something. Slowly turn your hands so that the palms are turned upwards. Slowly turn your palms back into the starting position. Repeat 10 times. Wrist curl Share on Pinterest You can do this exercise with resistance group, dumbbells, or just bodily resistance. If you use a light resistance band, hold one end of the band down from the bottom of your leg and grab the other end with your working hand. For dumbbells, stick to 1-5 pounds, depending on your level. Sit down and hold your hand 90 degrees, with your palm up. The hand can rest on the leg, bench or table. Curl your wrist up as it makes the baby's bicep curl. Return your wrist to its original position. Repeat 10 times, then switch to the other side. Be sure to move only the wrist. It's not a biceps curl, it's a wrist curl, so keep your hand and shoulder still while the wrist does all the work. Pronated wrist curl Share on Pinterest These in pretty much upside-down wrist curls. You can use dumbbell, group, or nothing at all! Sit down and hold your hand 90 degrees, with your palm down. With a withe to your wrist. Return your wrist to its original position. Repeat 10 times, then switch to the other side. As in the previous move, make sure to move only in the wrist. You can spread your hand so your wrist can hang your leg or bench. If your wrist starts with hanging about 90 degrees, you get the best range of motion to exercise. Squeeze Share on Pinterest You can squeeze almost nothing into this. Try a tennis ball, manual grip simulator, or towel. Standing or sitting, hold the ball (or compressed things of choice) with your palm up. Squeeze your compressed things as hard as you can for 3 seconds. Slowly release the clutch. Repeat 10 times, then switch to the other side. Strength can help your wrists, but that's only part of the picture. Light stretches can keep these joints mobile and relieve stress from entering all day. You can make these simple stretches at your desk, in bed, at a red light, or whenever you want to get in a little extra wrist mobility. The muscles of the forearm can get tight from the many repetitive tasks they do all day. Simple segments help relieve this discomfort and prevent more damage. Wrist extension Hold right hand right in front of you, with your hand up, you say: Stop! In the name of love. With your left hand, gently pull your right hand back until you feel a sprain of your right forearm. Hold for 15 seconds and then switch your hands. Repeat Repeat Five times. Be gentle! You don't want to pull anything out, so go slow and don't force any movements. Wrist flexion It is the opposite of the last section. Keep your right hand down from your wrist 90 degrees. With your left hand, gently press your right hand back towards your body until you feel the stretch through the back of your right hand and wrist. Hold for 15 seconds and then switch your hands. Repeat the sequence 5 times. Namaste stretch your palms together in Namaste to pose right under your chin, with elbows to the sides. The lower hands to the navel, keeping the palms glued together. When you feel a stretch, keep it there for 30 seconds. Repeat 2-4 times - all that feels good. For a healthy wrist, the best defense is a good offense. You can do these exercises and stretch whatever you like, but if you have bad wrist habits the rest of the day, they're not going to help. Typing on the keyboard is a big culprit for wrist pain. When you are at the computer, your forearms should be parallel to the floor with your wrists in a neutral position. Your hands don't always have to be angled - they need to be pretty much in line with your hands to reduce tension. You may have to adjust the position of the keyboard or use wrist lies to get your hands in a comfortable place. While it may feel easier to dial hunched over in a chair with your wrists going at any angle, that can cause you a lot of pain in the long run. If you don't have good wrist posture, you may develop strains and diseases like carpal tunnel syndrome. Nerves in the forearm get pinched, causing numbness, weakness and pain in the hands. If you have symptoms of a carpal tunnel, they may take time to reverse. But you may be able to avoid this disease. If you take a couple of minutes to stretch and strengthen every day and make sure you have an ergonomic workstation, your wrists should stay flexible, strong and happy. Don't ignore your wrists. If you take a few minutes out of your week to stretch and strengthen, you will notice less pain on the keyboard and better results in the gym. Start with a short warm-up to get the blood flowing (walking is great). Do 3 or 4 wrist strengthening exercises every other day. And do 2 or 3 stretches every day to keep things free and happy. With these exercises and ergonomic typing position, you'll have strong enough wrists to hang the side of the building as your favorite action star. Star. wrist and finger strengthening exercises pdf

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