

# Hand YOGA Exercises

**DO ALL EXERCISES SLOWLY WITH DEEP BREATHING. REPEAT EACH MOVEMENT UP TO SIX TIMES FOR MAXIMUM EFFECT. THE EXERCISES MAY BE DIVIDED UP DURING THE DAY OR WEEK.**

1. Slowly rotate wrists with arms straight in front of you at shoulder height. Rotate both ways.
2. With palms up and arms straight in front, move wrists slowly side to side.
3. To open up fingers and wrists: While anchoring elbow at side with palm up, press fingers of that hand down with the other hand. Reach around for thumb and open hand, then gently draw each finger backwards, one at a time.
4. Interlace fingers, palms out. Stretch out front and then overhead. Bend side to side with interlaced fingers to release shoulders.
5. Bring arms out to sides to form a "T" or goalpost. Press palms out with fingers pointing up as if trying to hold up two walls on each side of you.
6. With bent elbows, face palms toward each other, fingertips toward sky. Drop straight fingers one at a time, to a count of ten while other fingers press back and up. Then accordion them from the big joints with straight fingers.
7. With elbows bent and floppy wrists, use fingers of one hand to gently pull the thumb of other hand toward its wrist.
8. Open hand with wide fingers. Use other hand to press against the bottom joints of thumb and pinkie finger. Pressing hard will open bones of the hand. Hold.
9. Bring open hands up with wide fingers pointing backwards, with palms to the sky as if lifting a box. Bring arms down without tipping the imaginary box.
10. To prevent carpal tunnel syndrome: Fold hands and open them to press against each other with forearms parallel.
11. With arms straight out in front, and palms facing each other, drop thumbs and wrap fingers around the thumbs to make tight fists. Tilt fists down and up 2-3 times.
12. Sweep arms out to sides and overhead and then back down, making big sun-sweeps. Move with your breath, inhaling as you sweep up, exhaling as you sweep down.
13. With hands in upward facing fists and arms straight in front, draw fists to shoulders to open elbow joint. Then keep fists at shoulders, inhale and open elbows to sides, feeling shoulder blades press together. Exhale, drawing elbows together, feeling shoulder blades open.
14. With arms still bent and elbows out from sides, bring arms up like a goalpost and palms forward. Then drop arms in reverse goalpost so palms face backwards. Do this gently if you have any shoulder injuries.
15. Shake out hands from wrists, many times. Release and stretch shoulders.