

# Hand Exercises

- Stretch after continuous pipetting sessions (recommended 20:20 intervals)



Step 1



Step 2



Step 3



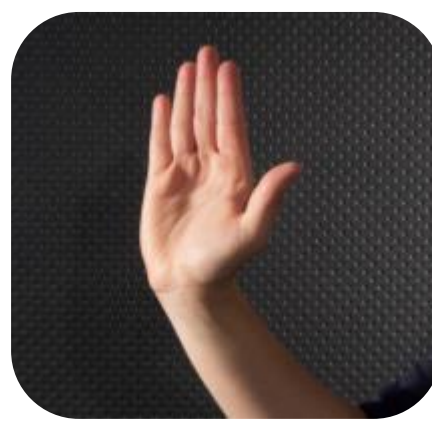
Step 4



Step 5



Step 6



Step 7



Step 8

*If you are currently being treated for an arm or hand injury, please consult your physician before engaging in any exercise or stretching program.*

# Stretches



## Shoulder raises

Raise & lower shoulders

5 sec.; 2X



## Back stretch w/ arms

Bring shoulder blades together

5 sec.; 2X



## Cross arm stretch

Gently stretch left and right sides

9 sec., each side



## Arm wrap / hug

One arm on top of the other

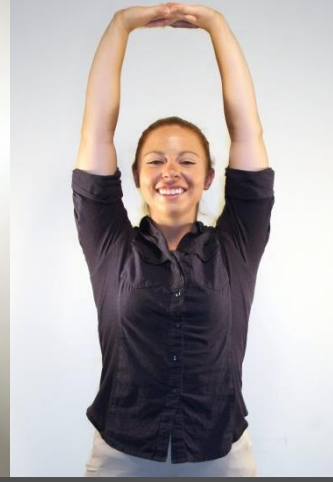
10 sec., each arm



## Front arm stretch

Stretch arms forward

10 sec.



## Overhead arm stretch

Stretch arms forward

10 sec.

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