Warm Up & Cool Down Stretches

**Wrist Bend** (flexion and extension)
Purpose: ROM
- Sit or stand with elbows tucked to sides and palms facing down.
- Bend wrist up.
- Hold 3 seconds.
- Bend wrist down.
- Hold 3 seconds.

**PRECAUTIONS**
- Numbness of wrist or fingers

**Wrist Stretch** (extension)
Purpose: ROM, ADL—Pushing down on chair arms to come to a standing position
- Sit or stand with palms together and arms straight out in front.
- Keeping palms together, pull hands in toward chest and point hands up toward ceiling.
- The elbows will go out to the side.
- Hold for four seconds.

**PRECAUTIONS**
- Shoulder joint surgery

**Thumb bend** (thumb flexion)
Purpose: ROM, ADLs—Grasping, picking up objects
- Open hands, fingers relaxed.
- Reach thumb across palm toward base of middle or ring finger.
- Hold 3 seconds.
- Move thumb out again.

**PRECAUTIONS**
- None
**Finger Spread** (finger abduction, adduction)
Purpose: ROM, Strength
- Rest palms on thighs or table.
- Spread fingers apart.
- Move fingers back together.

**PRECAUTIONS**
- None

**Cat’s Claw** (intrinsics)
Purpose: ROM, Strength, ADL—Maintain grasp.
- Sit or stand.
- Open hand wide.
- Bend fingertips and thumb toward the base of fingers.
- Keep large knuckles straight.
- Hold 6 seconds.

**PRECAUTIONS**
- None

**Finger O** (opposition)
Purpose: ROM, ADLs—Grasping, picking up objects
- Start with open hand, fingers apart.
- Touch tip of thumbnail to tip of index finger (make an “O” shape).
- Repeat with each finger.
- Open hand wide after each “O”.

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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

Exercises from the Arthritis Foundation Program Exercise Manual.