

Do's & Dont's

- If possible, avoid persistent, vigorous weeding by limiting the time spent.
- If necessary to use your hands, switch hands frequently, rest & stretch.
- When writing use a soft-felt tipped pen, which requires & necessitates less pressure than a ball-point or a pencil.
- Needle point activities should be limited.
- The stretches should be done 3-5 times a day until they can be done pain free. The frequency can be reduced at that time.

Interosseous Stretch

Either in the seated or standing position, allow your arms to hang down with gravity completely relaxed. Move your arms and elbows to cause a flutter-like motion at the hands, demonstrated below

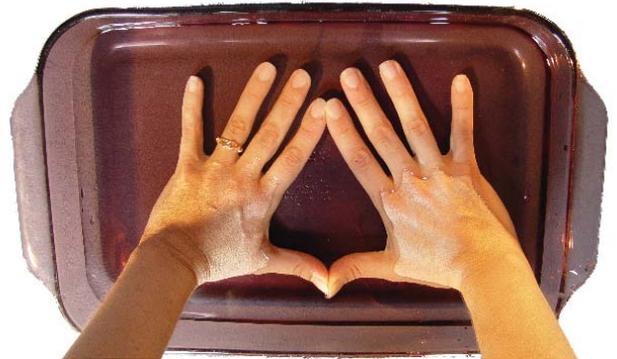


Finger Flutter Exercise

Either in the seated or standing position, allow your arms to hang down with gravity completely relaxed. Move your arms and elbows to cause a flutter-like motion at the hands, demonstrated above.

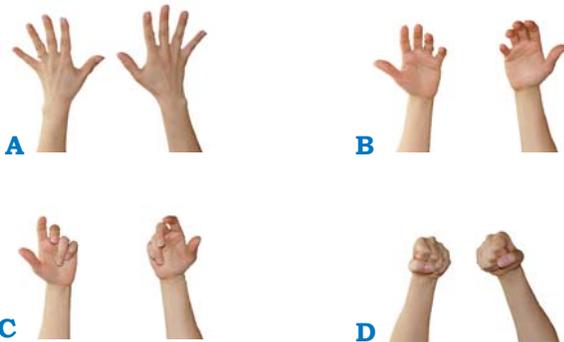


Adductor Pollicis Stretch



Press the thumb & index finger of each hand against each other & the bottom of a warm water wash basin.

Artisans Self-Stretch



Start with your hands spread out and your palms away from you (figure A). Then, rotate your forearms around so that your palms are towards you (figure B). Next, bend your pinky finger, followed progressively by your ring, middle, index and thumb fingers (figure C). Your hand should be fisted at this point and the next part is to curl your fists (figure D). Lastly, reverse the steps so you end in the beginning position & repeat the whole thing 3 times.

Kung-fu Self-Stretch



In the seated or standing position, keep your elbow against your side and flex it against your stomach. Point your fingers toward the ceiling and use the palm of your other hand to apply a stretching pressure (figure A). Gently, press your fingers into the palm of your hand for 3 deep breaths. Upon completion of the breathing and the flexing effort there is usually a relaxation of the muscles and the wrist will extend more. Repeat this muscle contraction & release for a total of 3 times.