Longevity for Life

Timeless Energy for Life

Strong Hands Brighter Days



Elbow, Wrist & Hand *Mobility & Strength*

Supporting Grip Strength, Dexterity & Independent Living

Healthy Hands Support an Active Independent You



1 Wrist Flexor Stretch

Extend one arm with your palm facing up. Use your opposite hand to gently pull your fingers downward until you feel a stretch in your forearm.

Hold for 20–30 seconds, 2–3 times each side.



2 Wrist Extensor Stretch

Extend one arm with your palm facing down. Use your opposite hand to gently bend your wrist downward until you feel a stretch on the top of your forearm.

Hold for 20–30 seconds, 2–3 times each side.



3 Forearm Pronation/ Supination

Hold a light weight (such as a dumbbell or hammer) with your elbow at your side. Slowly rotate your forearm so your palm faces up (supination), then down (pronation).

Do 10–15 repetitions each arm.



4 Band Wrist Extension

Sit with your forearm supported on your thigh or a table, palm down. Loop a light resistance band around your hand and slowly lift your hand upward against the resistance.

Do 10–15 repetitions each side.



5 Grip Squeeze

Squeeze a soft ball or therapy ball firmly with your hand. Hold for a few seconds, then slowly release. This helps improve grip strength and hand function.

Do 10–15 repetitions each hand.



6 Finger Extension

Place a light resistance band around your fingers and gently open your fingers outward against the resistance. Slowly return to the starting position.

Do 10–15 repetitions each hand.

Healthy Hands Create a Brighter, More Active Tomorrow

FOCUS | **IMPROVE** | **TRANSFORM**

Healthy Hands & Wrists Support Better Function, Strength & Independence

Move Better • Live Stronger • Age Well

Small Improvements Lead to Greater Independence

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