

Hand warm-ups

What is it?

Isometric hand warm-ups are a form of exercise whereby a person tightens their muscles by straining them, usually by pulling or pushing against a resisting force. The following exercises are for hands and fingers.

When to do it?

Prior to lengthy written/printed assignments as a warm up. They may also be used to strengthen the musculature of the hands and fingers or as a stretch to relieve hand fatigue and pain. Periodic breaks should also be incorporated into written/printed work in order to prevent muscle fatigue and strain.

1. Hands flat together. Press against each other for 3 seconds, then relax. Repeat 5 times.
2. Press corresponding fingers together, but hold palms apart. Press for 3 seconds, then relax. Repeat 5 times.
3. Make a fist and hold as tightly as possible for the count of 5. Slowly relax and straighten fingers. Repeat 2 times.
4. Link fingers, then turn palms outward and point thumbs to the floor. Extend/straighten elbows in order to stretch fingers. Hold for 3 seconds, then relax. Repeat 5 times.
5. Open and shut hands several times.
6. Extend/straighten fingers and elbows. Relax arms at sides and shake loosely.
7. Make a fist. Place hands on a table top. Raise each finger individually. Vary the sequence in which you raise the fingers.
8. Place hands on a table top, palms down, tap each finger individually. Tap out various finger sequence.