

## Open hand stretch.

This will stretch all the small muscles of the hand, fingers and thumb.

- Place your thumbs inside the palm, using your fingers to stabilise the hand.
- Firmly stroke the skin towards the edges of the palm moving your thumbs apart.
- Hold for 20-30 seconds and repeat 3-5 times.



Review Date 27/06/2025 Date Produced 2018 MI\_4782314\_06.09.19\_V\_1