

8 Essential Stretches for Woodworkers

Stretching is so important for maintaining a good range of motion. When you stretch, make sure you stretch just until you feel tightness. None of these stretches should hurt. If you do feel pain, talk to a medical professional.

Perform these stretches after having warmed up your muscles.

1 - Open Hand Finger Stretch: With hands out in front of you, palms down, spread all your fingers as far apart as you can. Hold for 20 seconds.



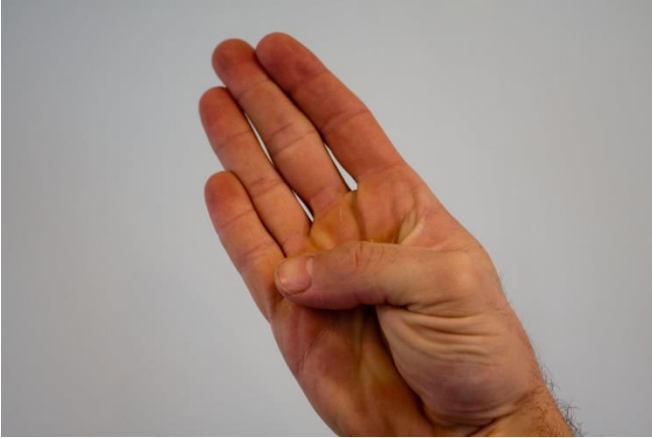
2 - The Claw: Bend your fingertips to touch the base of the finger. Pull the fingers back to open up the palm. Hold for 20 seconds.



3 - Individual Finger Stretch: Place your hands palm down on a flat surface. Raise one finger of each hand as high as you can while the other fingers remain flat. Hold for five seconds then move to the next finger.



4 - Thumb Stretch: With an open palm reach your thumb across to the base of your little finger. Hold there for 20 seconds.



5 - Prayer Stretch: Place your palms together in front of your chest. Keeping them pressed together, lower your hands towards your waist. Hold for 20 seconds.



6 - Palm Up Wrist Stretch: Extend one arm straight in front of you, palm up. Bend your wrist so your fingers start to point towards the ground, palm facing away from you. To extend the stretch, with your other hand, take hold of your fingers and gently pull them towards your body. Hold for 20 seconds.



7 - Palm Down Wrist Stretch: Extend one arm straight in front of you, palm down. Bend your wrist so your fingers start to point towards the ground, palm facing towards you. To extend the stretch, with your other hand, take hold of the back of your hand and gently pull it towards your body. Hold for 20 seconds.



8 - Thumb-in-Fist Wrist Stretch: Extend both arms, with palms facing each other. Reach each thumb towards the base of the little finger. Make a fist around your thumb. Tilt your fist forward so your knuckles point towards the ground.

