

Finger Stretching

These stretches are being offered to you as a comfort tip only.

Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

- Bring fingertips together in front of you
- Gently push fingers towards each other to feel a stretch on the fingers.
- Repeat a few times
- Shake your hands out when finished



Keenan's Loss Control services promote safety awareness, and assist in the identification of conditions which may pose a risk of injury. We do not suggest that following our recommendations will eliminate all risk of injury or will result in improved loss experience.