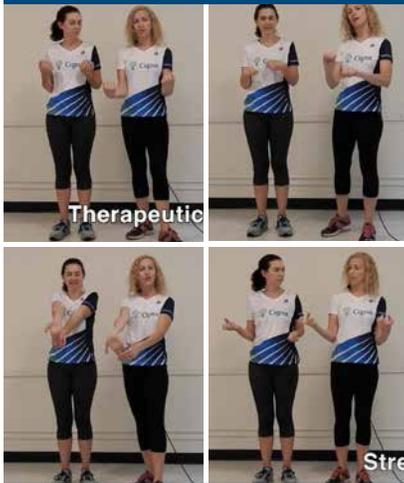


EXERCISES FOR YOUR ARMS AND WRISTS

Work wellness tips from Cigna Healthy Working Life®

Our wrists and forearms work hard to help us type and use our phones all day long. Give them some well-deserved attention with a few simple stretches.

1. Flex and extend



Step 1: Curl your wrists inward and outward (try holding a 2-3 pound weight or soup can).

Step 2: Circle your wrists in figure eights.

Step 3: Bend your wrists left and right.

Step 4: Hold your arm out in front of you with your palms facing upward. Use your other arm to pull your fingers back towards you. Repeat with your other arm.

Step 5: Squeeze a tennis balls while keeping your wrists straight.

2. Median Nerve



Step 1: Stand with your hands at your side and stretch your fingers apart.

Step 2: Rotate your fingers towards your back.

Step 3: Lift one arm sideways away from your body and tilt your head in the opposite direction.

Step 4: Rotate that shoulder 3 times, bend and straighten that elbow 3 times, then flex and extend that wrist 3 times.

Step 5: Repeat with your other arm.

Caution: Stop if you feel any pain.

3. Ulnar nerve



Step 1: Stand with your hands at your side.

Step 2: Face one palm behind you, then point your fingers forward.

Step 3: Fold that arm in, bring that elbow up and turn it away from your body.

Step 4: Rotate your thumb backwards and forwards, then bend your wrist backward and forward, then shrug.

Step 5: Repeat with your other arm.

4. Extensors



Step 1: Stand with your hands at your side and spread your fingers, with your thumbs tucked into each hand.

Step 2: Raise one arm slightly to the side away from your body and tilt your head in the opposite direction.

Step 3: Shrug three times, bend that elbow three times and extend that wrist three times.

Step 4: Repeat with your other arm.

5. Strengthen flexors



Step 1: Wrap a rubber band around your fingers.

Step 2: Open and close your fingers 20 times.

Step 3: Repeat with your other hand.

Challenge: Only wrap the rubber band around 2-3 fingers, then open and close those fingers.

Participating in Achilles running or other athletic events is potentially hazardous. You agree to follow the recommendations of the trainer, including being active every day, following tutorials, logging your activity and communicating with the trainer.

You assume all risks associated with participating, including but not limited to falls; all such risks being known and appreciated by you.

Please consult with your health care provider about your health concerns before performing any exercises and for help determining if an exercise program is right for you.

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