

Finger Exercises

Collated by Pam Smith Paquette, RYT

- **Finger Roll-up:** Hold hands palm up in front of you. Starting with the left thumb slowly roll up each finger one at a time. When all fingers are rolled, unroll each finger slowly starting with the right little finger.
- **Thumb-Finger:** Hold hands in front with palms facing. Bend both thumbs toward the small fingers, touching the tips of the fingers. Repeat with thumb touching the tip of each finger. Then reverse direction moving from index finger ending with small finger. Repeat.



- **Finger Flex:** Stretch your fingers wide. Squeeze your fingertips down to the top pad of your hand, and then make a fist. Repeat twice.
- **Finger Squeeze:** Stretch your fingers wide. Beginning with your little fingers, bend each finger and push it into the top pad of your hand with your thumb.



Finger Squeeze

- **Finger stretches:** With your palm facing forward, use other hand to gently pull each finger back one at a time toward the back of your hand; do not stretch thumb joint.
- **Pull and Twist:** Starting with the little finger of your right hand, pull on your finger with your left hand, and then twist your finger away from you. Repeat on each of the other fingers.
- **Parting:** Stretch your arms out in front of you, placing your palms together. Separate each finger, beginning with your little finger. Repeat twice.
- **Thumb to Fingers:** Stretch the fingers out. Touch the base of your little fingers with your thumbs, and then slide your thumb out to the tip of your fingers. Repeat on each finger a few times.

Exercises 6 – 8 taken from:

[Chair Yoga for You - A Practical Guide](#)

By Clarissa C. Adkins and All

See also Pam's Blog:

www.yogawithgrace.net/pams-blog.html

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