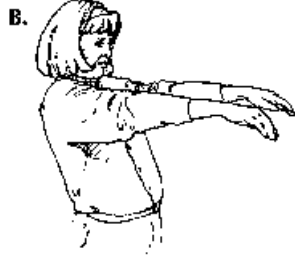


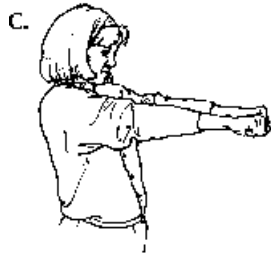
Exercises

(at the start of each shift and after each break)

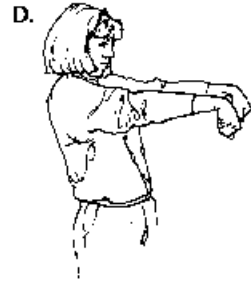
Extend and stretch both wrists and fingers acutely as if they are in a hand-stand position. Hold for a count of 5.



Straighten both wrists and relax fingers.



Make a tight fist with both hands.



Then bend both wrists down while keeping the fist. Hold for a count of 5.



Straighten both wrists and relax fingers, for a count of 5.



Repeat exercise 10 times, then hang arms loosely at side and shake them for a couple of seconds. Total exercise time: 5-10 minutes.

Source: Poster exhibit D-29, annual meeting, American Academy of Orthopaedic Surgeons, Feb. 25, 1996.