

Preparatory Exercises

Wrists, Hands and Fingers

Starting Position: erect or seated, with your back well aligned and straight.

Wrist flexion and extension: as you calmly exhale, bend the hand downwards as much as possible. On the inhale, bend it upwards as much as possible. Synchronizing breath and movement will enhance the fluidity and smoothness. The movement can be repeated from 20-30 times.



Hand adduction-abduction: maintain a natural and gentle breath. From the wrist, horizontally move your hand to the right and to the left. The movement can be repeated from 20-30 times.

Wrist circumduction: rotate the hands in a clockwise direction making a full circle. Count and repeat an equal number of times in the opposite direction. Keep fluidity in the movement. Your eyes should follow the motion of the hand. Repeat from 5-9 repetitions in each direction.



Finger extension-flexion: extend the fingers fully, and then firmly clench the hand into a fist. The movement should be repeated 15-30 times. Perform the opening and closing of the hand with attention and calmness.



Thumb flexion on the other fingers: extend the fingers fully, then firmly join the tips of all four fingers with the tip of the thumb. The movement should be repeated 15–30 times. Perform opening and closing with attention and calmness.



Fingers thrust: one by one, join each finger with the thumb one at the time, apply pressure, resist it, and then flick the finger.

Finger traction-rotation: hold the right index finger between your opposite index and middle finger, and progressively pull on the finger while applying an alternate rotation of 10–15 degrees. Continue for 7–10 seconds and repeat the same for each finger.



Fingers hyper-extension: hook the tip of the right index finger with the left hand and pull it progressively towards the body. Release and repeat with the other fingers.

Contraindications: (in relation with some passages of the exercises), serious pathologies of the wrists and hands.

Benefits: deepens awareness, and increases flexibility of the wrists, hands and fingers.