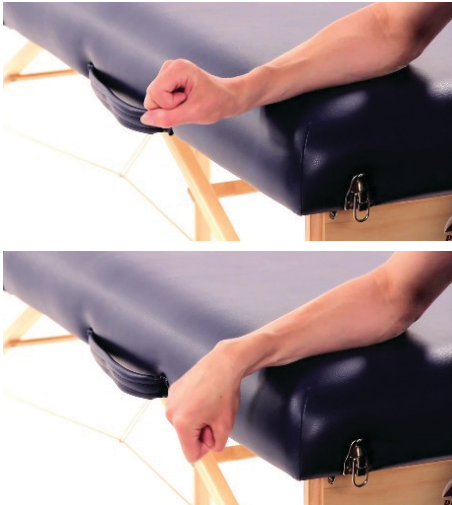
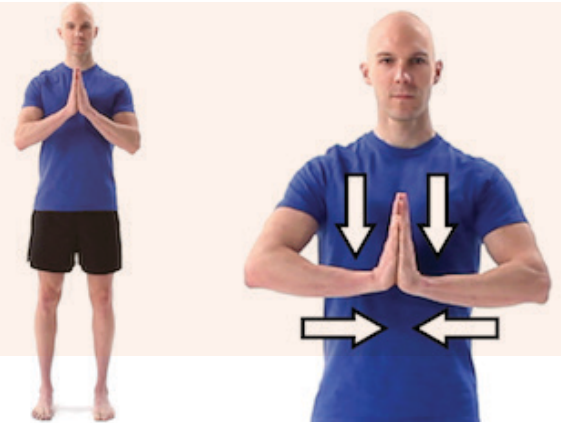


## WRISTS

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### Prayer Stretch

- Begin standing in an upright position. Place your hands together with your palms facing inward
- Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrist
- Remember to keep your palms together and keep your shoulders relaxed



### Circumduction

- Begin sitting with your arm resting on a table and your hand in a fist, hanging off the edge
- Slowly rotate your wrist in a circle, first clockwise then counterclockwise
- Then repeat in the opposite direction counterclockwise to clockwise

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Arthritis and rheumatic conditions are the leading cause of work disability among US adults. Arthritis can be present in joints throughout the body but limitations caused by hand arthritis can lead to a reduced quality of life and function. From 2013-2015, 29.3% of people between the ages of 45-64 were diagnosed with arthritis.

If you are experiencing any hand or wrist pain or problems please call our **Medical Care Management Team** at **1.888.986.7886**. Our care coordinators are ready to help you.



Scan here with your Apple or Android to access your Care Management App!