

Hand Dexterity

In this the final installment on hand health we will be discussing hand dexterity. There are many different exercises that improve your hand dexterity. I will be discussing my personal favorites.

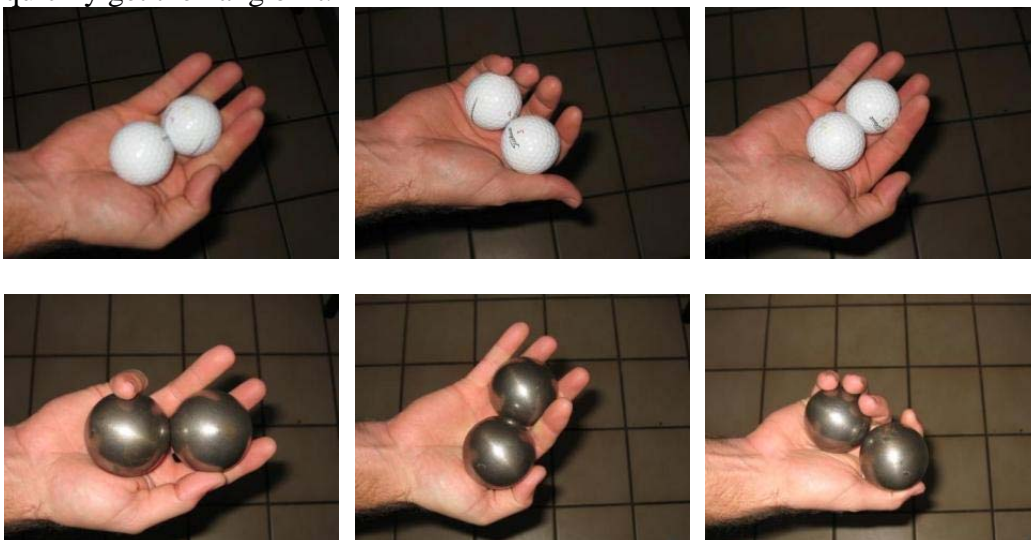
Towel Rollup: This great exercise comes from grip master John Brookfield. Simply grip a towel on one end and roll it up into your fingers by gripping it. It takes your hands through a great range as they start close and end up being wide when the towel is rolled up.



If you want more of a challenge then you can add weight. Believe me you won't need much weight to make it challenging.



Chinese/health/dexterity balls: The pictures shown are with metal balls. If you want to try it before you buy you could use golf balls. They will not work as well but you will get a feel for the exercise. Start off by rotating the balls both directions in your palm. Use your fingers and thumb to do so. This may be difficult at first but you will quickly get the hang of it.



Then you can work at doing different moves and using bigger or more balls.



Rotating while keeping the balls from touching each other.



This is by no means a complete guide to hand health but it is sufficient for good hand health. I am a great believer in using your mind so explore these ideas and be sure to let me know if you come up with any cool ideas.

Your hands are used so often in your daily life. Look after them and they will look after you.