



Tip of the Month

Finger and Hand Exercises



Do you get sore fingers, hands and wrists when you crochet a lot? It is common for the repetitive movement to cause some pain. Some of this can be relieved by changing hooks or yarns or not holding the yarn so tight. However, I also found that doing 'finger aerobics' help a lot. I first heard about finger aerobics when I visited Adelaide a few years back, and as it was being done at a winery, I figured it was just a gimmick.

But then I remembered when I learnt piano years ago I had a finger exercise routine I did regularly to help me play. While I don't play the piano as regularly as I did then, I began doing the exercises again and found they helped keep my hands and fingers flexible and free of pain. Be careful not to tense your shoulder while you are doing them, or crocheting. Here are just a few that I found work for me:

The spider - spread your fingers as far apart as you can, with palms facing together. Join the tips of your fingers together and then push your palm and fingers together then away again so just the tips are touching. Essentially the fingers are doing push-ups against each other.

The spread - with palms facing down, spread your fingers as far apart as you can, then squeeze them into a fist then spread them out again.

The fist - with palms facing up, curl your fingers so they touch the bottom of your palm as close to the wrist as possible. Release then curl them again to touch the middle of your palm. Release then curl them again to touch the top of your palm (just below your fingers).

Thumb dancing - make a fist with your thumbs pointing up towards the ceiling. Bend your thumb back as far as possible, then make as wide a circle as you can first clockwise, then anticlockwise.

I also found a complete [yoga session](#) designed for the fingers and wrists. When I started doing these, I found the movement in my wrists improved further. I try to make this a part of my daily routine to keep the flexibility I need to crochet comfortably.

If you already have severe pain, please check with a doctor before doing any of the above to ensure they don't aggravate the problem, and/or whether you need a variation to the exercises.

We'd love to hear what exercise routine you have.