Yoga Love for Your Wrists Workshop YogaLindsey.com

* Exercises you can do to strengthen your wrists at home
  + Make a fist and clench it very tightly. Rotate it 9 times clockwise and 9 times counter clockwise. Keep the fist tight and be purposeful in the movement. Repeat 3x/day.
  + All fours, fingers wide with all fingertips pressing into the mat. Move your weight forward into your wrists. Move your body in circles counter clockwise and counter clockwise.
  + Interlace your fingers and make circles with your wrists – clockwise and counterclockwise.
  + Hand squeezes – squeeze a tennis (or other soft) ball with your entire hand for 45 seconds.
  + Wrist curls – palms up, using a 3-5lb weight (or your water bottle), curl the hand towards the forearm 10x. Flip your hand over and extend your wrist 10x.
* Awarenesses to protect your wrists:
  + Strongly press the mounds of your fingers into the floor, focus on taking the weight/pressure out of the heel of your palm. Test this by pressing your palms against a wall with your fingers spread as wide as they can go – them push your palms strongly into the wall – engaging the muscles of your arms. Feel the weight evenly press into your fingers.
  + Be conscious of your shoulder alignment – not all wrist problems begin with the wrists. Know how wide your shoulders are and make sure that you are lining up your wrists with your shoulders in down dog. Make sure that your wrists are right under your shoulders in plank and side plank.
* Sun B flow modifications for your wrists:
  + Dolphin version – for wrists that are currently injured or recovering from injury
  + Double block version – for weak wrists, to do during class
  + Fists – for weak wrists, to do during class (honestly, this is tricky and can hurt – it’s better to use something like a dumbbell so that your wrist is in the same alignment, but you don’t have as much pressure on your knuckles)
  + Double angled block against wall version – for weak wrists, to do at home (or, if you get to class early, at the front of the room)
* Wrist protecting pose modifications
  + Side plank (block and elbow versions)
  + Flip dog (block and elbow versions)
  + Bow (one side and doing locust instead)
  + Wheel (press into someone’s legs, blocks angled against the wall)
* Props to the Rescue
  + Stick-e Wrist Saver $14.95 – puts your wrist at an angle and straps on your hands
  + Foam yoga wedge $9.99 – puts your wrist at an angle
  + Blocks