

HAND AND WRIST EXERCISE

While riding a motorcycle is a very enjoyable experience, some precautions could be made to enhance the experience. We usually take time to inspect our motorcycles to make sure they are in good working condition. How about our bodies? Do we check ourselves to see if we are in good working condition? There are many ways to do that and I will touch on one today.

A lot of our riding skills comes from the use of our wrists and hands. We take for granted that they will work just fine for us while we are enjoying our motorcycles. Well sometimes they need a little tune-up too.

Prior to getting on the bike how about warming your hands up while your motorcycle is warming up. First of all just rubbing them together will get the blood moving and start to get them in good working condition. Next massage the joints at the wrists and the knuckles. Rotate your wrist in a circular motion to the left and then to the right, then slightly bend your wrist backward then forward. Do these movements 4 or 5 times. You can also “coin roll” your fingers by simply starting at the base of the fingers and with the thumb and forefinger of the other hand and slightly pull while gently squeezing your finger until you reach the tip. Do this on all you fingers and you now have the blood moving and created a little more joint space. Our wrists and hands do a lot of work while we ride the motorcycle and keeping them flexible helps keep repetitive injury away.

These little hand warm-ups can be done before a ride, on a ride break and after a ride. Try it and see if it works for you.

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