



2. Finger Lifts

1. Isometric Heart



10. Thumbs Up

3. 'O's



9. Pinch

4. Arrow-Table Top



5. Claw



6. Fist



7. Prayer



8. Dive



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Perfect 10 Hand Exercises for Gymnastics Judges

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Let's get started.

Gymnastics judges' most valuable tools are their hands. Yet, this valuable asset's care, safety, and maintenance are neglected and taken for granted. The importance of hand care to enhance the ability to script effectively and efficiently while scoring gymnastics routines is essential.

Due to the repetitive nature of the scripting task, our hands are particularly prone to pain, stiffness, and swelling. That's where hand exercises come in. Refresh your hands by doing these exercises at the judge's table, throughout the day, or anywhere you have space and time. Enjoy improving your flexibility and relieve yourself from the hand stiffness of scripting routines.

Some tips to keep in mind before you start. Be gentle and mindful to perform all motions slowly and stop when you feel tension to avoid injury.

Breathe in through your nose and out with your mouth to help you relax. Please avoid holding your breath during any of these hand exercises.

Hand and Finger Warm-up

Warming your hands before you judge can help to alleviate hand and finger stiffness and possibly make your scripting easier. Suggestions include:

- Warm up exercises
- Soaking your hands in warm water.
- Wrapping them in a heated towel.
- Using a heating pad for approximately five to ten (5-10) minutes.
- Wearing Aloe Vera hand gloves while you sleep.

Summary

These hand exercises are a starting point to help you alleviate the stiffness caused by scripting gymnastics routines for hours at a time. Have some fun with your downtime at the judges' table. Play some hand games with Object Pickups in-between rotations to keep fingers from stiffing up. Place a large assortment of small objects on the judges' table, such as coins, buttons, paper clips, and stress balls.

- Pick up one object at a time by grasping it with your finger and thumb.
- Move the object to the opposite side of the table.
- Repeat with each object.
- Continue to do this throughout the rotation.

Each judge is different, and what feels right for you might not be most effective for another judge's pain or hand stiffness. If these exercises cause pain or discomfort, please stop immediately and talk with your doctor to determine which activities suit you.

•References

1. 5 Hand Exercises To Help You Maintain Your Dexterity & Flexibility, by Leonard Kim
<https://uscvh.org/news-and-stories/5-hand-exercises-to-help-you-maintain-your-dexterityflexibility.html>
2. Finger Dexterity Exercises By Maureen Malone Updated July 17, 2019 <https://www.livestrong.com/article/199753-finger-dexterity-exercises/>
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*Thank you to the hand model Heather Udowitch, for her patience and the use of her beautiful hands.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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