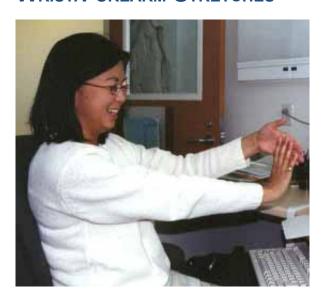
## WRIST/FOREARM STRETCHES



## WRIST/FOREARM STRETCH 1

- Sit or stand up straight.
- Hold one arm out straight in front of you with your elbow straight. Push your palm away from you with your fingers up.
- Gently bend wrist back by pushing on fingers of outstretched hand with opposite hand.
- Hold for 5 seconds.
- Repeat on opposite hand.



## WRIST/FOREARM STRETCH 2

- Sit or stand up straight.
- Hold one arm out in front of you with your elbow straight
- Gently bend hand down with opposite hand until a gentle stretch is felt.
- Hold for 5 seconds.
- Repeat on the opposite hand.

Choose another area to stretch...