

## 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.
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### 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...**