

Forearm, Wrist & Hand Stretches



Wrist Flexor Stretch

- Step 1: Put palm up and interlace fingers, arm in stretched out
- Step 2: Gently pull wrist out (traction), and pull wrist back to you feel comfortable stretch
- Step 3: Bring hand up against your own resistance 10 seconds
- Step 4: Exhale, stretch wrist back until you feel a comfortable stretch
- Step 5: Repeat 2-3 times