

Forearm, Wrist & Hand Stretches



Wrist Pronator Stretch

Step 1: Elbow bent 90°, palm up elbow touching your body

Step 2: Place palm of other hand on back of this hand; index finger between thumb



Step 3: M.E.T. Turn palm down for 10 seconds, against your own resistance

Step 4: Exhale; turn palm up for 2 seconds, gently assist stretch



Step 5: Repeat stretch 2-3 times