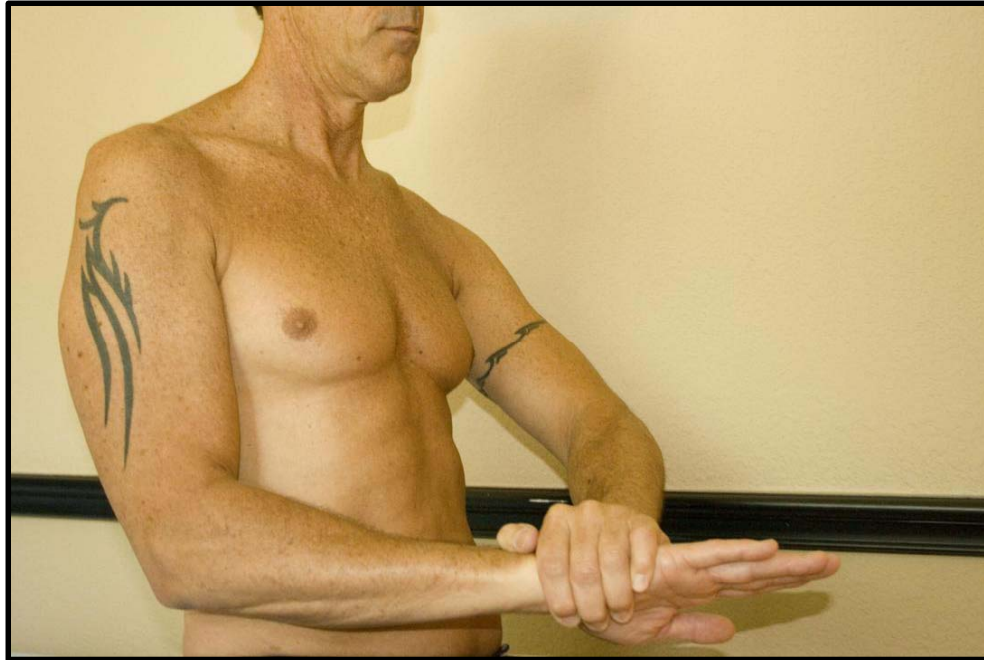


Forearm, Wrist & Hand Stretches



Wrist Supinator Stretch

- Step 1: Elbow bent 90°, touching side; palm faces down
- Step 2: M.E.T. Grasp wrist, turn palm up against your own resistance for 10 seconds
- Step 3: Exhale; turn palm down for 2 seconds, gently assist stretch
- Step 4: Repeat stretch 2-3 times