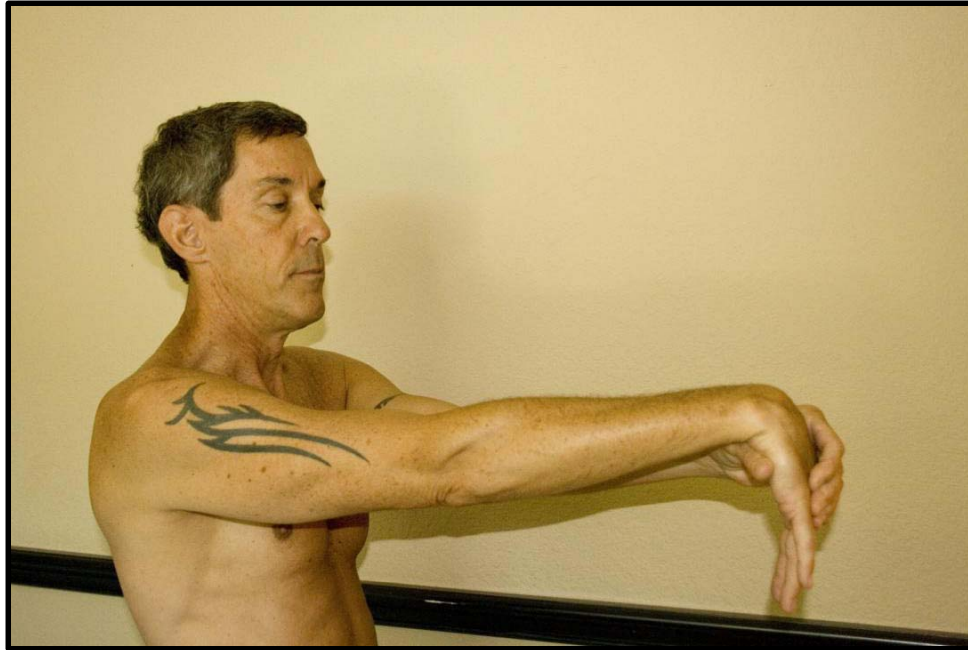


Forearm, Wrist & Hand Stretches



Wrist Extensors Stretch

- Step 1: Arm and fingers are straight; palm faces down
- Step 2: Place thumb under wrist; four fingers are on the back of hand
- Step 3: M.E.T. Lift hand upward against your own resistance for 10 seconds
- Step 4: Exhale; bring hand downward for 2 seconds; curl in fingers, gently assist stretch