

# Forearm, Wrist & Hand Stretches

## Wrist Radial Deviation Stretch



Step 1: Elbow is bent, arm at side, palm faces in

Step 2: Grasp wrists with opposite hand and pull against your own resistance

Step 3: bend hand up toward wrist against your own resistance for 10 seconds

Step 4; Exhale, bend wrist down toward the floor for 2 seconds, gently assist stretch

Step 5: Repeat stretch 2 to 3 times

## Wrist Ulnar Deviation Stretch

Step 1: Elbow is bent, arm at side, palm faces in

Step 2: bend hand up toward wrist against your own resistance for 10 seconds

Step 3: Exhale, bend wrist toward the floor for 2 seconds, gently assist stretch

Step 4: Repeat stretch 2-3 times

