







Forearm Stretches

1.		<p>Wrist Flexors – Wall Standing, place arm straight out in front with fingers pointing to ceiling and try to flatten palm onto the wall Keep elbows straight and hold.</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>
2.		<p>Wrist Extensors Sitting with elbow bent at 90° in front. Grasp palm with opposite hand and gently bend wrist forward.</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>
3.		<p>Wrist Extensors – Elbow Extended Sitting with arm straight out in front, fingers pointed down to floor. Grasp palm with opposite hand and gently bend wrist down as far as comfortable.</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>
4.		<p>Wrist Flexors Sitting with elbow bent at 90° in front. Grasp fingers with opposite hand and gently bend wrist back.</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>
5.		<p>Wrist Flexors – Elbow Extended Sitting with arm straight out in front, fingers pointed up to ceiling. Grasp fingers with opposite hand and gently bend wrist back.</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>
6.		<p>Finger Extension Place fingertips together and stretch hands out wide. Bring palms together</p>	<p>Reps: 2 x Hold: 15 seconds 2 x Day</p>