



Wrist Flexor Movement and Stretch

* You should feel a gentle painfree stretch in the elbow, forearm and wrist.

- A) Palm up with wrist bent down and elbow bent
- B) With your other hand, keep your fingers/wrist down and tipped towards your other hand
- C) Then gently straighten your elbow while maintaining this position and you should feel a gentle painfree stretch in the forearm and elbow
- D) Then bend elbow again keeping wrist and fingers as straight as possible without discomfort
- E) Straighten elbow again.