



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Slowly bend elbow, but keep wrist bent as shown. Then slowly straighten elbow again

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform As many times to keep your flexibility throughout the day.

FOR AT WORK AND HOME!