

Wrist stretches

Created by Dr. Aaron Ford Feb 7th, 2024

View at www.my-exercise-code.com using code: XMVRWUF



WRIST EXTENSOR STRETCH

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

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

Repeat 5 Times

Complete 1 Set

Hold 5 Seconds

Perform 3 Times a Day



WRIST FLEXOR STRETCH

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

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

Repeat 5 Times

Complete 1 Set

Hold 5 Seconds

Perform 3 Times a Day



Thumb stretch

Place your hand in front of you with palm up. the other hand comes underneath and around to grasp the thumb . The the thumb out and back towards the wrist. Gentle.

Repeat 5 Times

Complete 1 Set

Hold 5 Seconds

Perform 3 Times