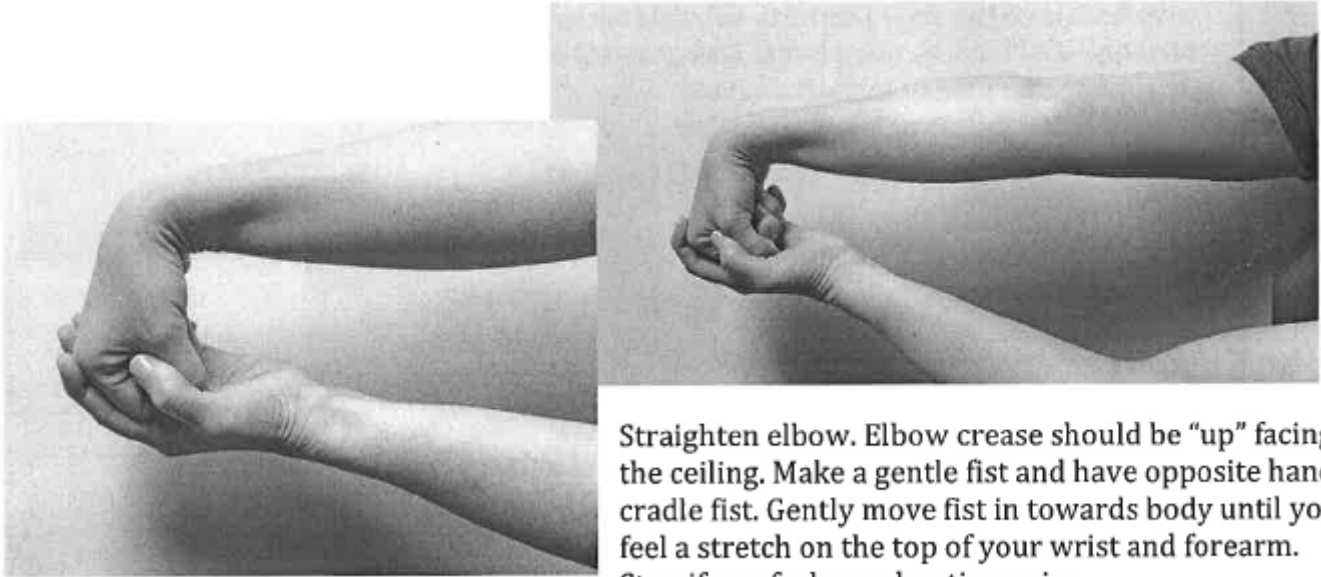


### Wrist Flexion stretch with "light fist"



Straighten elbow. Elbow crease should be "up" facing the ceiling. Make a gentle fist and have opposite hand cradle fist. Gently move fist in towards body until you feel a stretch on the top of your wrist and forearm. Stop if you feel any shooting pain.

Hold \_\_\_ seconds.  
Repeat \_\_\_ time(s).  
Do \_\_\_ session(s) per day.

### Wrist Extension stretch including fingers

Straighten elbow. Palm and elbow crease should face "up" towards the ceiling. Apply gentle pressure at fingers and palm to encourage finger and wrist stretch. Stop if you feel any shooting pain.

Hold \_\_\_ seconds.  
Repeat \_\_\_ time(s).  
Do \_\_\_ session(s) per day.

