

**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.

Video # VVHCXREZJ

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 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.

Video # VVNUN4TAS

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day

**PRAYER STRETCH - WRIST**

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Video # VVBUNDUQU

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



WRIST SUPINATION STRETCH

Rest your arm on a table, then grasp your wrist as shown and gently turn your affected wrist towards palm face-up.

Keep your elbow straight and resting on a table during this stretch.

Video # VVE9EE4GH

Repeat	1 Time
Hold	20 Seconds
Complete	3 Sets
Perform	1 Times a Day



ELBOW FLEXION STRETCH

Place your elbow on a table and use your other hand to bend it into a more bent position.

Video # VVNQYV9BE

Repeat	1 Time
Hold	20 Seconds
Complete	3 Sets
Perform	1 Times a Day



ELBOW EXTENSION STRETCH

Place your elbow on the edge of a table and use your other hand to press it into a more straightened position.

Video # VVTT9C8MQ

Repeat	1 Time
Hold	20 Seconds
Complete	3 Sets
Perform	1 Times a Day



Tricep Stretch Behind Head

Stand with affected arm up and behind head, reaching down the back as far as comfortable. Use free hand to press elbow backwards stretching the tricep muscle.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 3 Times a Week



THUMB EXTENSION STRETCH - TABLE

Place your hand palm face down on a table and use your other hand to gently pull your thumb away from the hand for a stretch as shown.

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Doorway Biceps Stretch

Stand in front of a door /counter / pole. Take the arm that you would like to stretch and hold onto the door. Step forward so that you arm and elbow get stretched behind you. The other leg is stepped forward for balance to protect your back Grip the door palm up if possible

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 2 Times a Day



hand stretch

place palms together with fingers apart, thumbs facing inward and elbows up. push fingers and palms together till you feel a pull. Hold 30 seconds, relax and repeat.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day



Intrinsic stretch with active IP flexion

Wrap one inch wide strip of fabric (approximately 10-12 inches in length works well).

With your unaffected hand, pull back at the base of the finger so it reaches hyperextension if able (stop with pain)

Hold this position as you gently bend the rest of your finger forward.

You want to feel a stretch through the palm of your hand and at the base of the finger.

Hold 20 Seconds
Complete 3 Sets
Perform 3 Times a Day



OVERHEAD MOTION STRETCH PRONATED - HOTCHKISS

Grasp your affected wrist and turn it into a pronated position with palm face down as shown.

Then, raise up your affected arm with the assist of your unaffected arm so that your arm moves up palm face out at forehead level and then continue to move your arm over head and then behind your head. The palm is positioned face-up by the time it is behind your head.

Maintain your forearm in a pronated position the entire time.

Video # VVG8SQXWW

Repeat 1 Time
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day