



## Hand and Wrist Stretches

Created by Elements of Bodywork Mar 19th, 2020

View at [my-exercise-code.com](http://my-exercise-code.com) using code: NMVFYEQ

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### ELBOW FLEXION STRETCH

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

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### ELBOW EXTENSION STRETCH

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

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### 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 1 Time  
Complete 4 Sets

Hold 15 Seconds  
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.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### WRIST EXTENSION STRETCH - TABLE

Place both hands on a table as shown and gently lean forward until a stretch is felt.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### PRAYER STRETCH - WRIST

Place the palms of your hands together to stretch the wrist as shown.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day

### REVERSE PRAYER STRETCH

Place the back of your hands together to stretch the wrist as shown.



Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
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.



Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day

### WRIST PRONATION STRETCH

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

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



Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### THUMB ABDUCTION STRETCH

Grasp the thumb and pull it away from the palm as shown.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### THUMB EXTENSOR STRETCH

Grip your thumb with your fingers and then bend your wrist downward as shown for a gentle stretch along your forearm.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### 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  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### THUMB MCP EXTENSION STRETCH

Grasp the affected thumb below the last knuckle and gently stretch it into a more straightened position.

Repeat 1 Time  
Complete 4 Sets

Hold 15 Seconds  
Perform 1 Times a Day