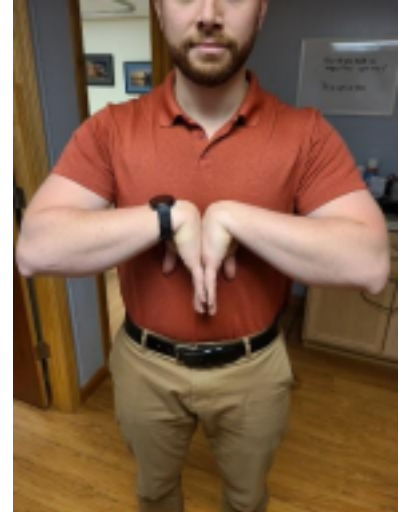


## Forearm and Hand Stretches

### Extensor Stretches Standing

Press the back of your hands together with your fingers pointing down and against your chest. While keeping your hands in the same place bring your elbows down increasing the tension in the back of your wrists.



### Extensor Stretch on a surface

Find a flat low surface that you can place your hand on with straight arms.  
Place the back of your hands on the surface with your fingers pointing towards your body.  
With arms straight slowly lean backwards increasing the tension on the back of your wrists.

### Brachial Plexus Stretches

Find a wall. Place your hand on the wall at shoulder height. Straighten your arm with your fingers pointed behind you. Slowly twist your torso away from the wall. You should feel a stretch in the front of your shoulder. Hold this for 3-5 belly breaths (10-15 seconds).

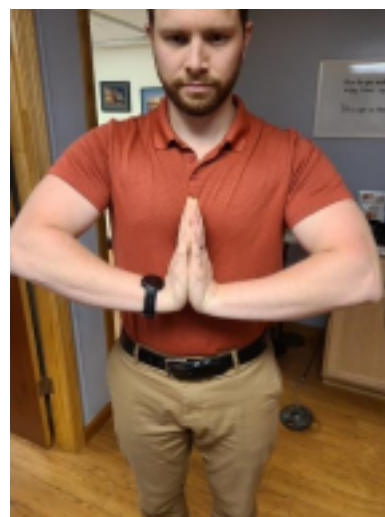


\*Repeat on Both Sides\*

### **Flexor Stretches**

Press your palms on your hands with your fingers pointing up and against your chest.

While keeping your hands in the same place bring your elbows up and your hands down slowly increasing the tension in the front of your wrists.



### **Flexor Stretch on a surface**

Find a flat low surface that you can place your hand on with straight arms.

Place your palms down on the surface with your fingers pointing towards your body.

With arms straight slowly lean forwards increasing the tension on the front of your wrists.



### **Extension Rolling**

With a dowel, hold your arms out in front of you. Only moving into extension (wrist moving up), turn the dowel in your hands winding the cord and weigh up. When you get to the end of the rope, let the rope lengthen and repeat.

