

Wrist Flexor and Extensor Stretches

Wrist Extensors Stretch



- Start sitting upright with your back straight.
- Bring arm out in front with your elbow fully extended and your palm facing the floor.
- With your opposite hand, pull down on back of your hand until you feel a comfortable stretch of the muscles on the back of your forearm.
- Hold for 20 seconds or as directed.
- Repeat for other side.
- Perform twice on each wrist.
- Repeat entire sequence with your elbow slightly bent. This will isolate certain wrist extensors not addressed when performed with your elbow completely extended.

Wrist Flexor Stretch

- To perform the stretch for your wrist flexors turn your arm over so that your palm is facing the ceiling.
- You will be pulling your finger down toward the floor.
- The stretch will be felt on the front of your forearm.