

Total 3



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 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) 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 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



BICEPS STRETCH WITH MULTI-LOOP STRAP

Hold a stretching strap behind your back and then raise it up and hold as shown for a stretch to the front of your shoulder.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day