

STEP 1



STEP 2



## Standing Wrist Flexion Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

### Movement

With your other hand, bend your wrist downward until you feel a stretch.

### Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

STEP 1



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## Standing Wrist Extension Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

### Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

### Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

STEP 1



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## Chest and Bicep Stretch - Arms Behind Back

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin in a standing upright position.

### Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



## Standing Overhead Triceps Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin in a standing upright position.

### Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

### Tip

Make sure to keep your back straight during the exercise.

STEP 1



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## Wrist Prayer Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

### Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

### Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

STEP 1



STEP 2



### Reverse Prayer Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in a standing upright position.

**Movement**

Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

**Tip**

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



### Standing Wrist Flexion Stretch with Table

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in a standing upright position with your hands resting on a table in front of you.

**Movement**

Place the backs of both hands on the table with your fingers pointing toward you, then slowly move forward over your hands until you feel a stretch in the backs of your wrists.

**Tip**

Make sure to keep your elbows straight and do not stretch through pain.

STEP 1



STEP 2



STEP 3



### Standing Bicep Stretch at Wall

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in a standing upright position facing a wall. Raise your arm to shoulder height and place your hand on the wall, with your palm facing down.

**Movement**

Slowly bend your wrist, then gently press your hand into the wall and slightly rotate your shoulders away until you feel a stretch in your upper arm, and hold.

**Tip**

Make sure to keep your neck and shoulder relaxed and do not move through pain during the exercise.

STEP 1



STEP 2



### Wrist Pronation Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

**Movement**

Using your supportive hand, slowly turn your palm downward until you feel a stretch, and hold.

**Tip**

Make sure to keep your wrist straight during the exercise.

STEP 1



STEP 2



### Seated Wrist Supination Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

**Setup**

Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

**Movement**

Using your supportive hand, slowly turn your palm outward until a stretch is felt and hold.

**Tip**

Make sure to keep your wrist straight during this exercise.