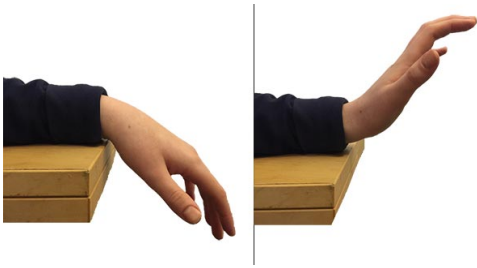


Wrist range of motion exercises

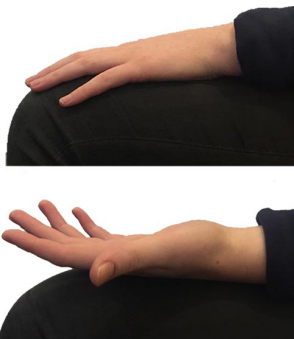
Range of motion exercises require simple movements of the wrist. Move into stretches gently. You should never feel any pain. If you experience any pain or numbness after or during these wrist releases below, seek medical attention.

Wrist extension and flexion



Rest your forearm on a table. Have your hand hang over the ledge with your palm facing down. Gently move your hand upward until you feel a gentle stretch. Lower your hand again to the starting position.

Palm turning exercise



While seated, lay your hand flat on your leg with your palm facing down. Gently turn your hand over, so that your palm is facing up.

Opening and closing fist

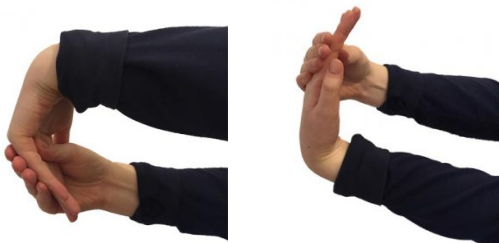


Begin with your fist closed (*not too tightly*). Slowly open your palm, stretching your fingers outwards. Close your fist again.

Wrist Stretches

These types of exercises stretch out the muscles and tendons in the wrist and forearm, increasing circulation and overall flexibility. You should never feel any pain. If you experience any pain or numbness after or during these wrist stretches below, seek medical attention.

Wrist stretch (palm facing inwards)



Begin with your arm outstretched in front of you with your palm facing in towards your body and your fingers pointing DOWN towards the floor. With your free hand, hold the fingers of your outstretched hand and gently pull fingers towards you until you feel a gentle stretch in the back of your wrist. Repeat this exercise again, but have your fingers facing UP towards the ceiling with your palm still facing in towards your body.

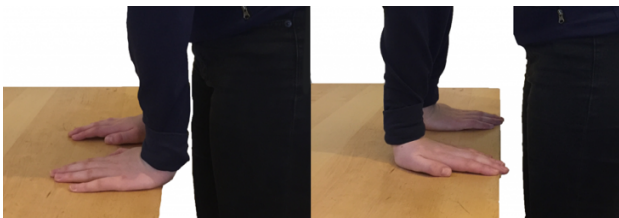
Wrist stretch (palm facing outwards)



This exercise is the exact same as the one above, except that this time, your palm is facing outwards, away from your body throughout the exercise. With your free hand, hold the fingers of your outstretched hand and gently pull fingers towards you until you feel a gentle stretch in your wrist.

Wrist stretch using a table

Wrist stretches can also be performed using a table. Place both of your palms face down on the edge of a table. Fingers point AWAY from you. Keep your elbows straight, and gently lean your body weight slightly forward.



Wrist stretches can also be performed using a table. Place both of your palms face down on the edge of a table. Fingers point AWAY from you. Keep your elbows straight, and gently lean your body weight slightly forward.

Then, reverse it! Place both of your palms face down on the edge of a table with fingers pointing TOWARD you. Keep your elbows straight, and gently lean your body weight back away from the table. Note: You can repeat these exercises but change them slightly by having palms UP

Palm press (thumbs facing in against body)



While standing, bring your hands together in prayer position in front of your body. Your elbows will be wide to the sides. Draw your shoulders back slightly to open your chest. Raise your hands slowly until they are at face level and bring your elbows and forearms together. See if you can keep your palms fully joined, especially the heels of your hands, and slowly lower your hands until you begin to feel a gentle stretch.

Palm press (thumbs out)



While standing, bring your hands together in prayer position in front of your chest. Rotate your fingers downward toward the floor. (*thumbs now face outward*). Your elbows will be wide to the sides. Relax your shoulders down away from your ears. Raise your hands slowly up, keeping palms pressing together, ...