

Stretch wrist sup



- Begin with elbow bent and next to body.
- Place other hand at wrist.
- Gently rotate and turn wrist upward until a gentle stretch is felt
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist ext at table



- Place hand on table.
- Keep elbow straight.
- Lean forward, keeping palm on table, until a gentle stretch is felt.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: MMPC Orthopedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____