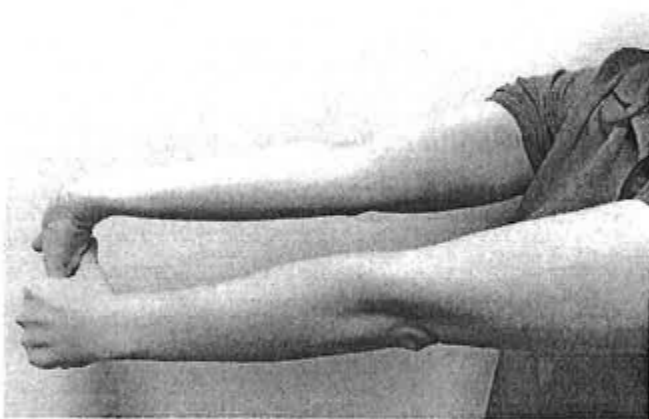

Stretch – Bilateral Wrist and Finger Extension (praying)



Place hands palm-to-palm. While keeping palms together, bring elbows out until you feel a stretch. Bring hands back to relaxed position (still maintaining palm-to-palm). Stop if you feel any shooting pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

Stretch – Wrist Extension (overuse)



Straighten elbow. Elbow crease should be “up” facing the ceiling. Palm up, place opposite hand on palm. Gently push hand down until you feel a stretch. Bring wrist back to relaxed position. Stop if you feel any shooting pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

Stretch – Wrist Flexion, Elbow Extension (overuse)



Straighten elbow. Elbow crease should be “up” facing the ceiling and palm down. Place your opposite hand on top surface of hand. Gently push hand down until you feel a stretch. Bring wrist back to relaxed position. Stop if you feel any shooting pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.