

## Erbst OrthoSport Physical Therapy



### Wrist flexor and extensor stretches

To stretch the wrist flexors, hold RIGHT/LEFT arm out in front with your elbow straight, palm facing up. Pull your fingers back toward you (Picture 1) with your opposite hand.

Repeat \_\_\_\_\_ times per set. Perform \_\_\_\_\_ sets, \_\_\_\_\_ times per day/week.

To stretch the wrist extensors, straighten your elbow, and use your opposite hand to keeping your palm facing down and rotated away from your body. Pull your hand towards you with your opposite hand.

Repeat \_\_\_\_\_ times per set. Perform \_\_\_\_\_ sets, \_\_\_\_\_ times per day/week.

**Erbst OrthoSport Physical Therapy (919) 612-1673**