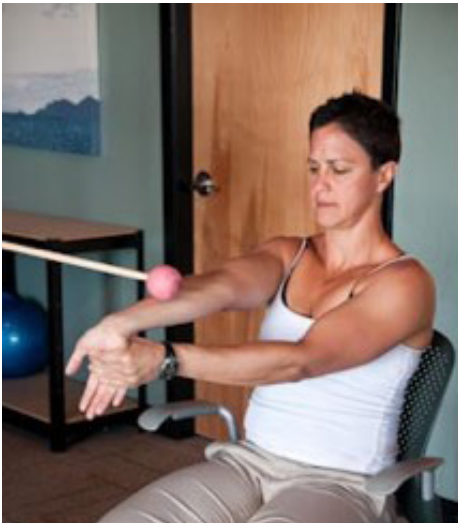
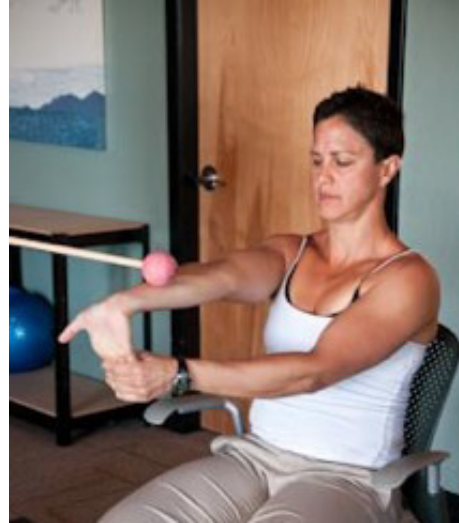


Wrist



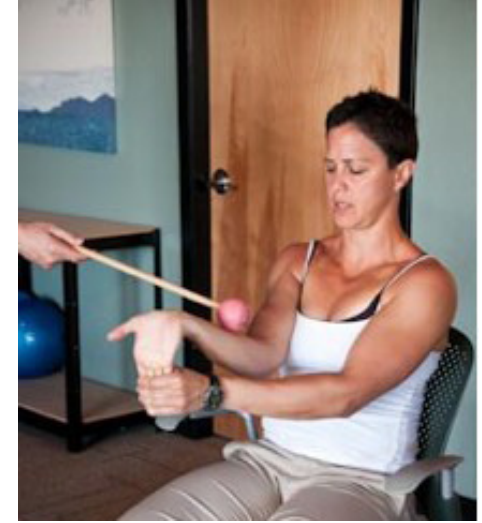
Stretch into wrist extension (hand held close to wrist)



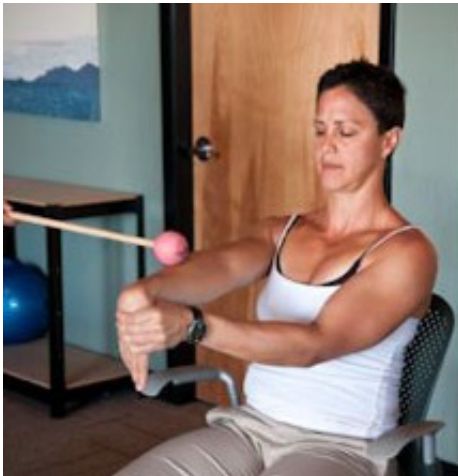
Hand held farther into fingers)



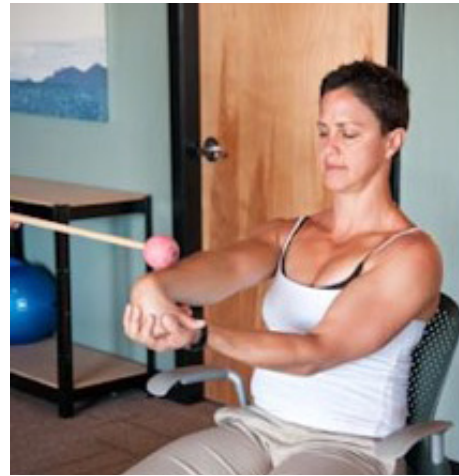
Elbow flexed to get proximal wrist flexors)



Stretch into wrist extension with elbow bent to focus on proximal wrist flexors and distal finger grip



Stretch wrist into flexion with proximal wrist grip



Stretch wrist into flexion with fingers flexed

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.