

Wrist Stretch



Easy Intensity



Medium Intensity



High Intensity

- Standing in front of table or desk
- Place hand on table palm down and keep elbow straight.
- Intensity
 - Easy – fingers point away.
 - Medium – fingers point to side.
 - High – fingers point to toward body.

- Frequency of stretch
 - Perform once or twice per day.
- Duration of stretch
 - Start with 2 minutes. Increase stretch by 30 secs every day until you reach desired duration between 5 to 10 minutes.
- Intensity of stretch
 - Mild to moderate intensity