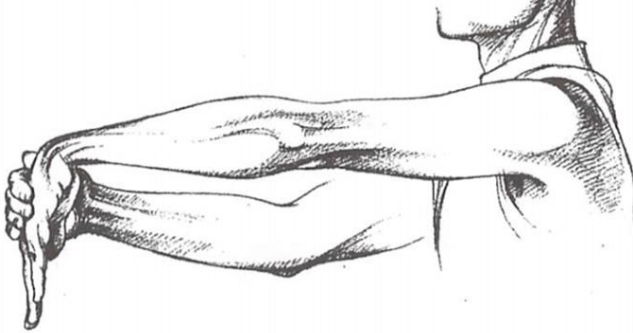


# Forearm Stretches

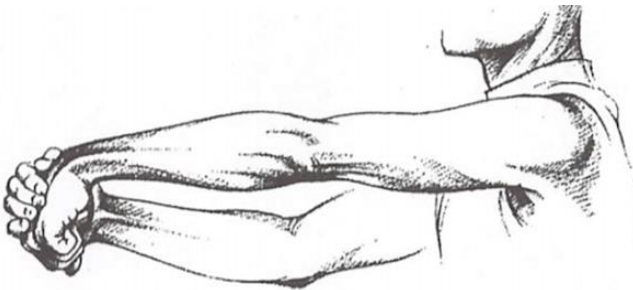
Hold each stretch for 30 seconds for 2-3 sets, 3x a day

Keep shoulders back and down

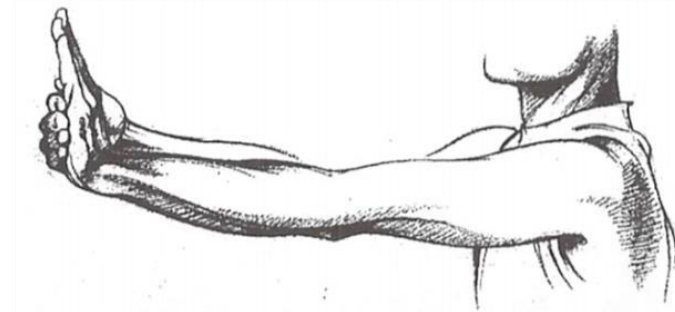
**Keep a microbend in the elbow.**



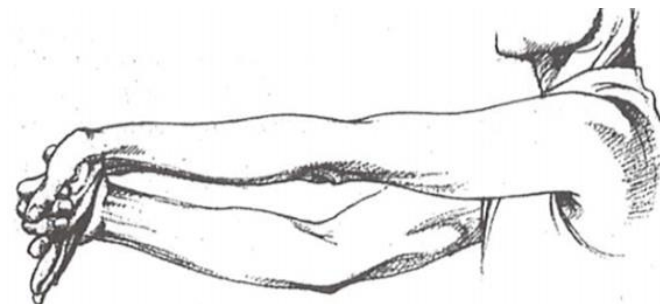
Place the affected arm out in front of you with the palm facing down. Bend the wrist down towards the floor. Place your other hand over the back side of the affected hand & provide pressure to feel a stretch. Hold for 30 seconds. Repeat 3 times



If a more intense stretch is needed, place the affected arm out in front of you with the palm facing down. Bend the wrist down towards the floor, then curl in the fingers. Additional pressure can be applied to the back of the hand for a more intense stretch. Hold for 30 seconds. Repeat 3 times



With your arm straight in front of you with palm facing down, bend your wrist back towards your face so your palm faces out. If a more intense stretch is needed, place the opposite hand on the palm and gently press your hand back towards you. Keep fingers relaxed. Hold for 30 seconds. Repeat 3 times



With your arm straight in front of you with palm facing up, bend your wrist down towards the floor so your fingers are pointing down. If a more intense stretch is needed, place the opposite hand on the palm and gently press your hand back towards you. Keep fingers relaxed. Hold for 30 seconds. Repeat 3 times

*If there is pain, lower your arm or perform the stretch with elbow bent.*