



Robyn Dey RMT
Massage Therapy

Wrist Flexors and Extensors Stretching

Wrist Flexor Stretching :

Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can. Keep your elbow straight and pull the tips of the fingers back and be sure to include the thumb. You can also use a wall to press flat hand against.



Wrist Extensor Stretching :

Extend one arm out in front with the elbow straight. Use the other hand to grasp it at the side of the thumb and bend the wrist downward. Turn wrist towards the small finger to increase the stretch.

