

Sit or stand up straight.
Place your palms together
in front of your chest, just
below your chin, like you
are praying.
Slowly lower your hands
down toward your
waistline. Keep your palms
pressed flat against each
other and close to your
stomach.



Stop when you feel a mild to
moderate stretch in your inner
wrists and lower forearms.
Hold the position for 15 to 30
seconds.
Relax your hands, then repeat the
stretch 2 to 4 times.









Extend your affected arm in front of you with your palm facing up.
Keep your elbow straight and gently bend your wrist backward, pointing your fingers toward the floor.



Use your opposite hand to gently pull the fingers back until you feel a mild stretch along the inside of your forearm.
Hold for 15–30 seconds, then relax.

Squeeze a soft rubber ball or a balled-up pair of socks.



Hold the squeeze for 5 seconds, then release. Repeat 10 times, up to three times daily





Start with your hand and fingers held straight up and fully extended.
Bend the middle and end joints of your fingers while keeping your large knuckles straight. Bend your large knuckles while keeping your middle and end finger joints straight so your fingers form an upside-down "L".
Curl your fingers tightly down into a flat or full fist



1



2



3



4



5



Sit or stand with your arm at your side and elbow bent.

Slowly straighten your elbow while extending your wrist and fingers.



Gently tilt your head away from the affected arm.

Return to the starting position and repeat slowly.

Perform 5-10 gentle repetitions, staying within a comfortable range.

