



**Bloomsbury Osteopathy**

# Wrist and Hand Exercises

## Wrist and Hand Extensor Stretch

### ARMM02

#### Function:

To stretch the muscles which attach to the outside of the elbow and the hand which help to extend the hand (the wrists and fingers).

#### Action:

##### Starting Position:

Be seated or standing. Hold the arm of the affected side straight horizontal in front of you with palm facing and parallel to the ground.

#### Action:

With the other hand pull all the fingers downwards as if though you are forcing close the hand. Do this slowly and in a controlled manner. At end of range, hold the position for 15 seconds whilst breathing slowly and deeply. If the fingers are sensitive or painful then apply the pressure over the back of the wrist and push downwards. Return to starting position. Ensure you keep the elbow fully extended throughout the exercise.

#### Notes:

If you suffer from connective tissue disease like rheumatoid arthritis ensure that you discuss this exercise with your osteopath.

WRIST EXTENSOR STRETCH  
(ARMM02)



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All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)