



Bloomsbury Osteopathy

Wrist and Hand Exercises

Wrist and Hand Flexor Stretch

ARMM01

Function:

To stretch the muscles which attach to the outside of the elbow and the hand which help to flex 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 backwards. 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 palm and push backwards. 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 FLEXORS STRETCH (ARMM01)



All exercises are available from
www.Bloomsbury-Osteopathy.co.uk