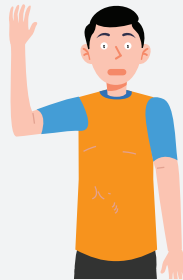


## Wrist Flexor Stretch

1. Straighten your elbow with your palm facing up.
2. Allow your fingers to point towards the floor.
3. Gently pull down on your fingers and palm with the opposite hand.
4. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.



## Wrist Pronator Stretch

1. Bring your arm out in front of you with the elbow flexed, palm facing forward and fingers pointed towards the ceiling.
2. With your opposite hand, gently pull your two smallest fingers back so that your palm is facing up.
3. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.



## Wrist Extensor Stretch

1. Straighten your elbow with your palm facing down.
2. Make a gentle fist and let your wrist relax.
3. Apply gentle downward pressure to your wrist with your opposite hand while rotating it away from you.
4. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.



## Hamstring Stretch

1. Extend one leg forward with your toes pointed up.
2. Keeping your shoulders upright and back in the neutral position, slowly lean forward feeling a gentle stretch behind your knee and thigh.
3. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.



Side View

## Neck and Shoulder Stretch

1. Take a deep breath in and bring your palms to your forehead facing out.
2. As you slowly exhale, bring your elbows and hands down and pull your shoulder blades together.
3. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.



## Lower Back Extension

1. Stand with your feet shoulder width apart.
2. Place your hands on the small of your back and slowly lean back.
3. Hold the gentle stretch for 15-20 seconds. If you experience any discomfort with this stretch, stop immediately and consult with your physician.