

Wrist and finger stretches – full stretch

This will help to stretch all the muscles in the wrist, fingers, hand and thumb

- You may need to start with the wrist bent
- Support the hand under the knuckles and slowly straighten the fingers
- Stretch the thumb away from the hand
- Keeping the fingers straight, slowly try to bring the wrist up into a straight position
- Hold for 20-30 seconds and repeat 3-5 times
- Slowly try to increase the stretch on the wrist while keeping the fingers straight
- Hold for 20-30 seconds and repeat 3-5 times

