

Wrist stretch – deviation.

This will stretch the muscles which pull the wrist over to the side and bring it back into a straight position.

- The wrist may turn towards one side or the other.
- Support the hand under the knuckles with one hand and at the wrist with the other.
- Move the wrist sideways until the wrist is straight.
- Hold for 20-30 seconds and repeat 3-5 times.



Move wrist towards the thumb until wrist is straight.



Hold wrist in straight position.



Move wrist towards little finger until wrist is straight.