

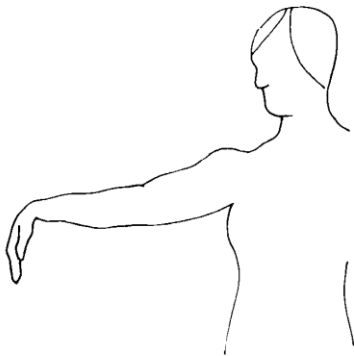
Forearm Flexors

Position: Sitting or standing with your arms straight and your elbows locked with your palm towards the ceiling.

Instruction: 1) Point your fingers towards the ground.

2) Using your opposite hand pull your hand towards your body. You should feel a stretch through the inner side of your forearm.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.



Forearm Extensors

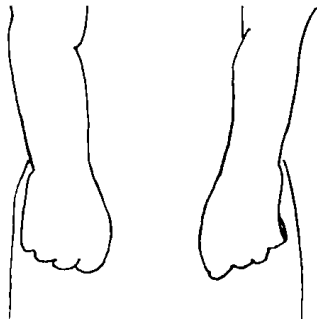
Position: Sitting or standing with your arms straight and your elbows locked

Instruction: 1) Point your right fingers towards the floor.

2) Use your left hand to avoid your right wrist or hand moving.

3) Gently rotate the inner side of your right elbow up towards the middle of your body. You should feel a stretch along the outside of your right forearm.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

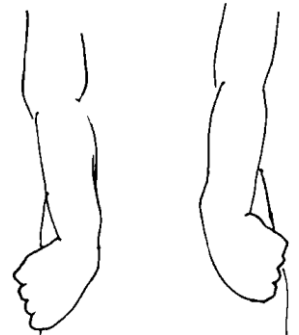


Flexor Pollicis Longus

Position: Gently clench your fists with your fingers over your thumbs and your arms straight.

Instruction: 1) Bend your fists towards the floor. 2) Keeping your arms still, turn your fists towards the outside while keeping them pointing down. You should feel a stretch along the medial aspect of your wrist and into the thumb.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

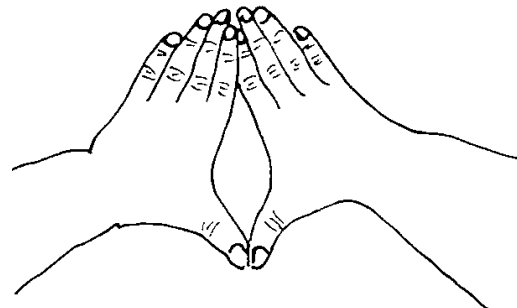


Adductor Pollicis

Position: Place your palms flat on a flat surface with your pointer fingers and thumbs together.

Instruction: 1) Gently push your hands together. You should feel a stretch along the inside of your hand and thumbs.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.



NOTE: Stretching should **NEVER** be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.