

## Wrist / Elbow Stretches

Created by Steve Knighton

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### WRIST FLEXION - AROM

Bend at your wrist in the direction of your palm, then slowly return to original position.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### WRIST EXTENSION - AROM

Bend at your wrist back as shown, then slowly return to original position.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### WRIST RADIAL DEVIATION - AROM

Bend at your wrist upward with your wrist in a neutral position as shown, then slowly return to original position.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### BICEP CURLS

With your arm at your side, draw up your hand by bend at the elbow.

Keep your palm face up the entire time.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### **BICEPS CURLS - RADIOBRACHIALIS**

With your arm at your side, draw up your hand by bending at the elbow.

Keep your wrist in a neutral position as shown above the entire time.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### **BICEPS CURLS - BRACHIALIS**

With your arm at your side, draw up your hand by bending at the elbow.

Keep your palm face down the entire time.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### **FREE WEIGHT TRICEPS**

Extend your elbow as shown while holding a free weight.

Maintain your upper arm in an upward direction and only bend and straighten at your elbow.

Repeat **8 Times**  
Hold **2 Seconds**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**

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### **WRIST FLEXOR STRETCH**

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat **1 Time**  
Hold **20 Seconds**  
Complete **1 Set**  
Perform **1 Time(s) a Day**

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