

# Body Ready Wrist and Forearm Exercises

Hand, wrist and forearm/elbow exercises

Frequency: x2 per day

Last Modified: 19/08/2020

Target Area: Wrist

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## Exercises

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### Wrist extensor (ECRB) stretch



Sets: -                      Resistance: -  
Reps: -                     Rest (sec): -  
Equipment: -              Side: -

Start position: Arm to be stretched in full extension, with forearm rotated in and the wrist in full flexion.

Action: Use your other hand to maintain the stretch for 20 seconds.

Key points: A stretch should be felt along the top of your forearm. Repeat on both sides daily.

### Wrist flexor stretch



Sets: -                      Resistance: -  
Reps: -                     Rest (sec): -  
Equipment: -              Side: -

Start position: Hold you arm out in front of you with your palm up and elbow straight.

Action: Use your other hand to extend the wrist and fingers until a stretch is felt and hold for 20 seconds.

Repeat daily on both sides.