

# Progressive Wrist Stretch

## MOVE OF THE MONTH APRIL ISSUE 2014

These exercises will help improve flexibility of the muscles and tendons of the forearm and help prevent injury.

### THE MOVE

1 Start in a kneeling position with the toes stretched back (doubles as a stretch to the plantar fascia).

2 With the elbows straight place the palms on the floor with the fingers pointed out to the side.

3 Keeping the elbows straight throughout, press through the palm of the hand and fingers and gently sit back towards your heels.

4 Gently rock back forward and repeat for 10 repetitions.



5 For the second set try rotating your hands back towards you knees (about 30-60 degrees) and perform 10 more reps.



6 On the third set, try to have the hands rotated about 60-90 degrees from the original position, and then perform 10 more repetitions.



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