

Wrist and Elbow Stretches

Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

1. Wrist and finger stretches



This exercise helps keep the wrist tendons loose and pain free. Stand or sit and clasp your palms together by crossing the wrists over each other as shown. Apply a gentle grasping action between the two hands. Maintain this gentle grasp while you stretch your wrists one way and then the other. Repeat this slowly 10 times each way, which should take around one minute. The stretch should be felt in the back of the forearm and wrists, up to the elbow for some people.

2. Arm nerve stretch



This exercise helps loosen the nerves in your arm, and therefore helps prevent soreness in the neck, shoulders, elbows and wrists. Stand up straight with your arms in a “why” position, and your palms facing up towards the sky. Slowly stretch the palms out as though pushing two invisible walls away from you. Finish with the palms out and the fingers stretching down towards the ground. Hold this for three seconds and then return to the starting position. Repeat this 5 times. The stretch should be felt along the length of the arm, particularly in the forearms, palms and fingers.

3. Prayer stretch



This exercise helps stretch the forearm muscles (the gripping muscles). Stand upright and place the palms of your hands together as shown. Try to maintain contact between the palms as you stretch the hands down towards the floor as far as comfortable. Hold this for 20 seconds and repeat this twice.