

Wrist Extensor Stretch

Start with your elbow straight and shoulder relaxed (Fig A).

Cup your hand around the wrist and slowly apply a gentle stretch by pressing the hand back towards you.



Fig A.



Fig B.

The stretch should be felt around the elbow and just underneath the elbow (Figs B and C).

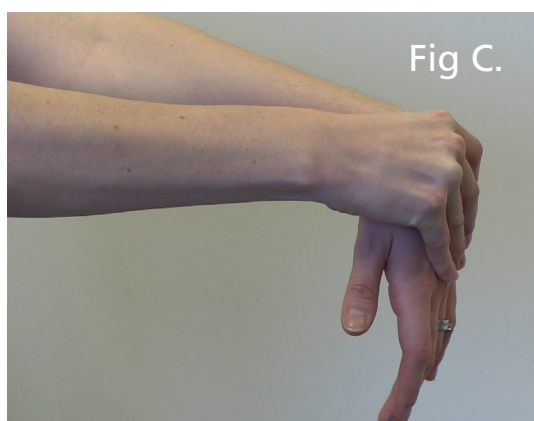


Fig C.

Maintain a straight elbow at all times.

Hold the stretch and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance.

We recommend waiting until you have a wifi connection.

