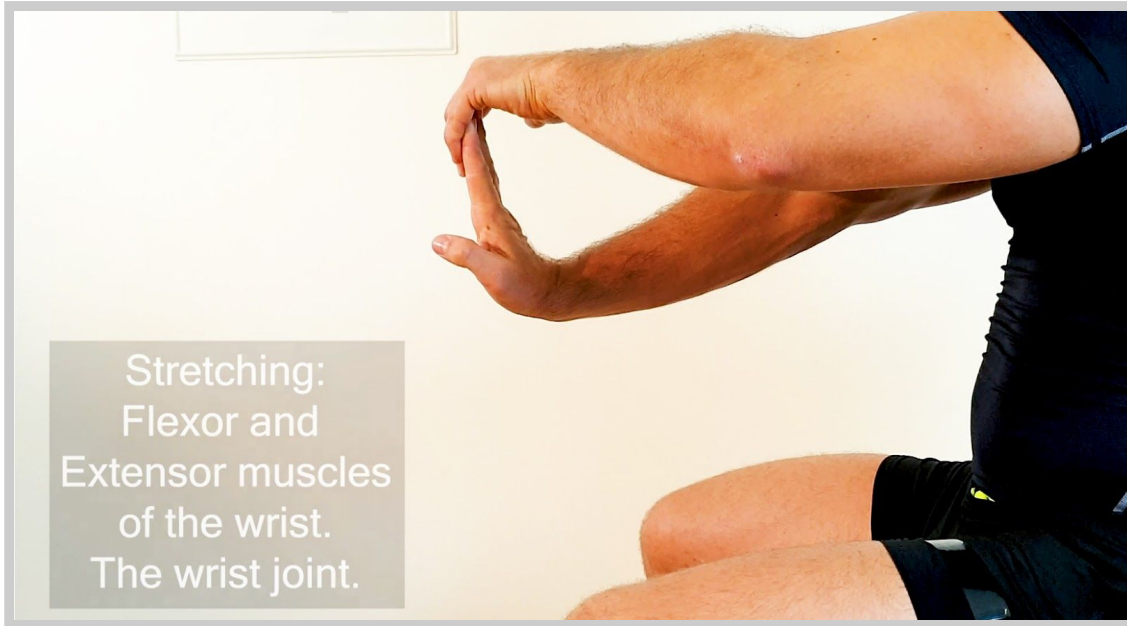


HAND-WRIST-FOREARM MOBILISATION

HAND152



Stretching:
Flexor and
Extensor muscles
of the wrist.
The wrist joint.

AREAS AFFECTED

**The flexor and extensor
muscles of the hand
The wrist joint**

ADVICE

**Stretch one arm in front of you. Flex and extend the
wrist all the way. Use the other hand to push it a bit
further. Do similar moves whilst gripping a small ball.**