

Stretch of the Month



Wrist Stretches

To stretch your wrists:

- Flex your wrist and use other hand to pull it back towards you until you feel a good stretch.
- Repeat for the other side.
- Extend wrist and use other hand to pull it back towards you until you feel a good stretch.
- Repeat for other side.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

