

FOREARM STRETCHES

POSITION

1. Back straight.
2. Option 1
 - Pull wrists up - palms facing floor.
 - Turn both arms inwards. Hold 5 seconds.
 - Turn both arms outwards. Hold 5 seconds.
3. Option 2
 - Turn arms inwards (if you had a watch on the watch face would face inwards).
 - Pull wrists up - back of hands facing floor.
 - Repeat turn and hold as in Option 1.



OPTION 1



OPTION 2

Do all movements gently and slowly.

Make sure:

- Do all movements GENTLY and SLOWLY.
- Keep your back upright.
- Stop if any tingling in fingers or hands.

Breathing:

- Breathe in as hold stretch. Breathe out as SLOWLY turn arms.

It is good for:

- Forearm stretch.
- Neural mobility.