## **How to Stretch Forearms and Wrist Muscles**

1. Wrist extension with elbow extension. Apply overpressure you're your other hand.



2. Wrist flexion and twist (pronate) the forearm



3. Supination with overpressure



## 4. Pronation with overpressure



## 5. Ulnar deviation



## 6. Radial deviation

