
Hand and Wrist Exercises: Wrist Extensor

This exercise is designed to stretch your hands, wrists, and forearms. Before beginning, read through all the directions. While exercising, breathe normally. If you feel any pain, stop the exercise. If pain persists, tell your healthcare provider. Here are the steps for wrist extensor exercises:

- Hold your right or left hand in front of you with your palm down and arm straight.
- Grasp the back of that hand with your other hand. Pull back so your fingers point down until you feel a stretch in your forearm and wrist. Hold for 5 to 10 seconds. Then relax.
- Repeat 10 to 15 times. Do 3 to 4 sets a day.

