COMPOSITE WRIST EXTENSOR STRETCH

Purpose: To reduce fatigue of the elbow, forearm, wrist and fingers. Workers who perform forceful or repetitive grasping may benefit by performing this stretch every 2 hours. **If you have any medical problems, then please consult a health care professional before attempting.**

1. Straighten elbow with palm down.
2. Bend wrist down and make a gentle fist.
3. If you feel pain in back of hand, then just relax fingers and do not make a fist.
4. Use other hand to gently pull down on back of hand until you feel a stretch from your fingers to your elbow.
5. Hold for 15 to 30 seconds, until you muscles start to relax. This should feel good.

If you experience pain, tingling or numbness, then perform stretch more gently or discontinue until consulting with a health care professional.

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