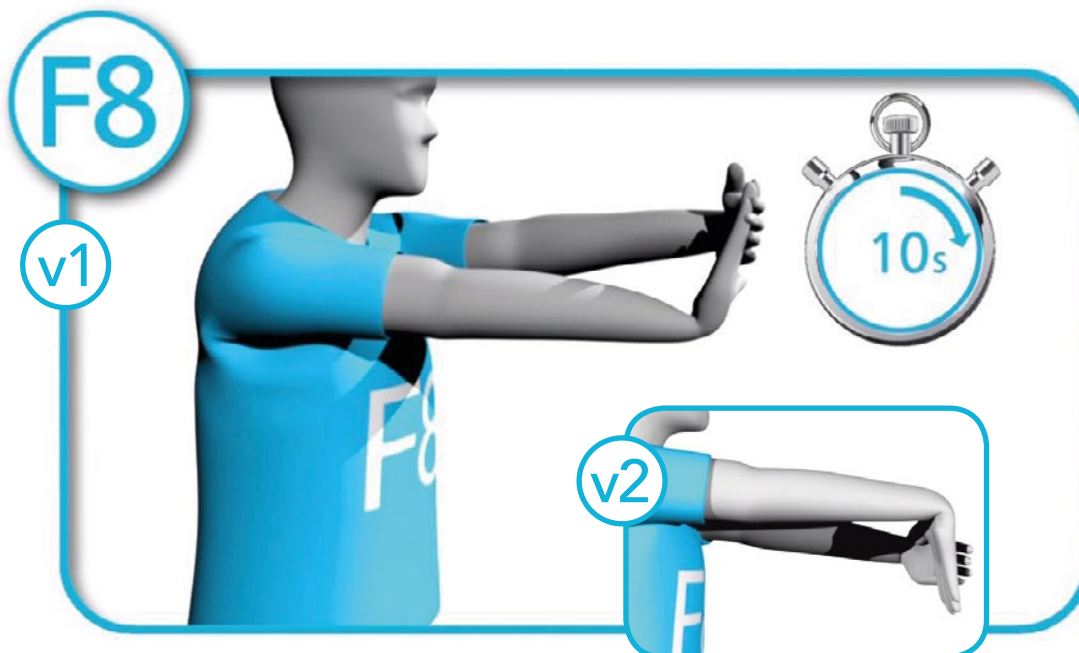


## Flexibility/stretching – Upper body

### Joint: elbow



- v1.** Hold the arm out as straight as possible. Use the other hand to gently apply pressure to the palm of the hand to pull it back, and hold for a count of about 10 seconds.
- v2.** Apply gentle pressure to the front of the hand to stretch the wrist in the opposite direction, and hold for a count of about 10 seconds.



#### Comments

- Do not lock the elbow while doing this stretch.

#### Functional application

A good range of wrist motion is vital to activities of daily living such as washing, dressing, eating, shaving etc.

#### Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions