

INTERMEDIATE WRIST FLEXOR STRETCH



Execution

1. Kneel on the floor.
2. Flex both wrists and place the palms of your hands on the floor, hands shoulder-width apart.
3. Point the fingers toward the knees.
4. While keeping the elbows straight, lean back (buttocks to the heels), keeping the palms flat on the floor.

Muscles Stretched

Most-stretched muscles: Brachioradialis, flexor carpi radialis, flexor carpi ulnaris, flexor digitorum profundus, flexor digitorum superficialis, palmaris longus

Less-stretched muscles: Flexor digiti minimi brevis, flexor pollicis longus, pronator teres, brachialis, biceps brachii

Stretch Notes

The flexor muscles easily become tight from repeated use of the arm or wrist in an awkward position or by bending the wrist while typing, using the phone, or operating a machine. Additional problems arise from working with the arm held away from the body or playing sports. This tightness causes pain on the

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