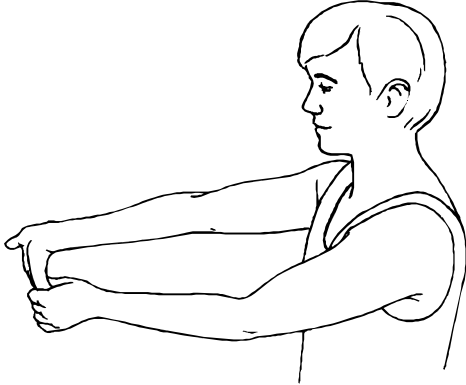




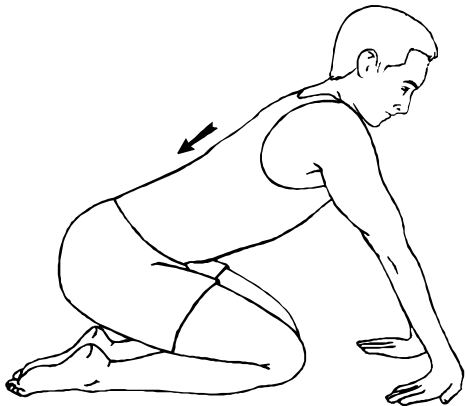
ARMS - 2 Wrist / Flexors



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 20 seconds.

Repeat 3 times. Do 2-3 sessions per day.

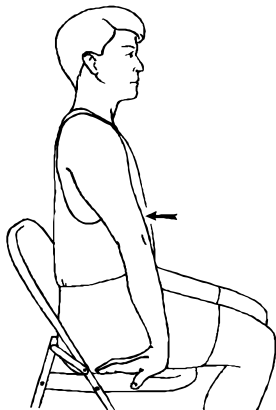
ARMS - 4 Flexors



From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold 20 seconds.

Repeat 3 times. Do 2-3 sessions per day.

ARMS - 3 Wrist / Flexors / Biceps



With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold 20 seconds.

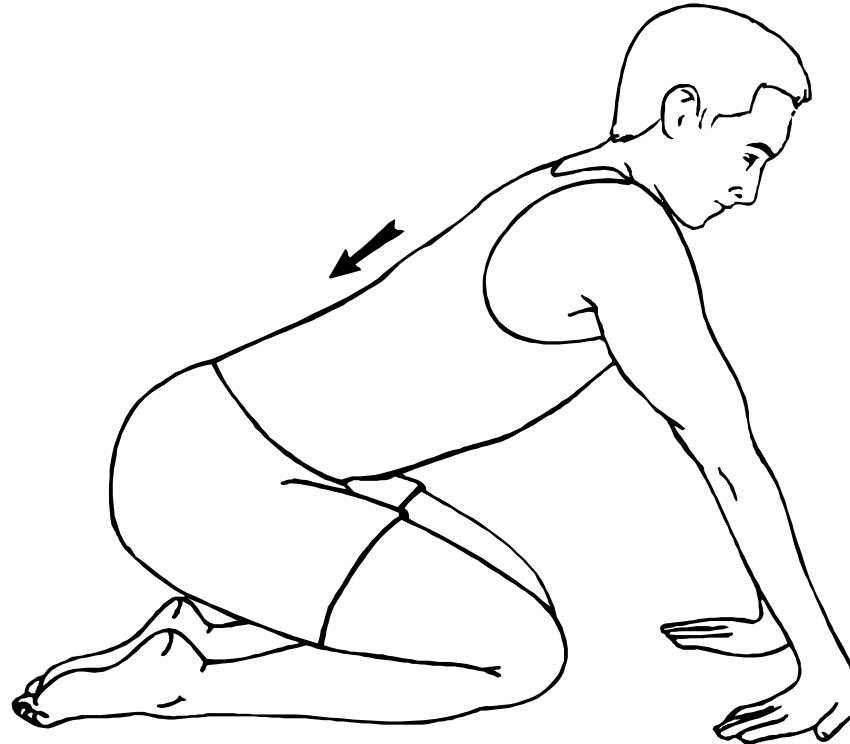
Repeat 3 times. Do 2-3 sessions per day.



Routine For:
Created By: James Pamplin, DC

02-24-2012
Carpal Tunnel Stretch

ARMS - 4 Flexors



From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold 15 seconds.

Repeat 1 times. Do 1-2 sessions per day.