



Wrist Injury Prevention

Prevention with stretching/exercises throughout the day is one of the best ways to address wrist pain, tingling, or numbness. Whether you frequently work with tools, or work at a computer for most of the day, the following basic moves can be done any time of day and don't require any equipment!

Exercises / Stretches

Prayer Stretch



1. Start with your palms together in front of your chest just below your chin.
2. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together until you feel a mild to moderate stretch under your forearms.
3. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

Wrist Flexor Stretch



1. Extend your arm in front of you with your palm up.
2. Bend your wrist, pointing your hand toward the floor.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

Wrist Extensor Stretch



1. Repeat steps 1 through 4 of the stretch above but begin with your extended hand palm down.