




EXTENSOR STRETCHING EXERCISES OF THE WRIST

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	<p>Standing up with your arms stretched out. Put the back of your hands against each other.</p> <p>Separate the back of your hands, maintaining only the wrists together.</p>
	<p>Sitting on hands and knees, with your arms stretched out.</p> <p>Press the back of your hands against the floor, making the hands face the knees.</p> <p>Bend your body backwards.</p>
	<p>Lift both arms above your head.</p> <p>Grab one hand at the back and push it down.</p>