






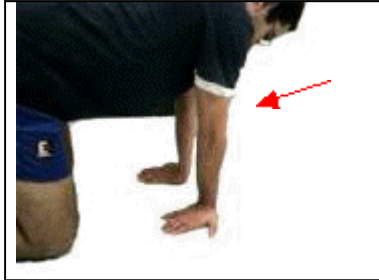
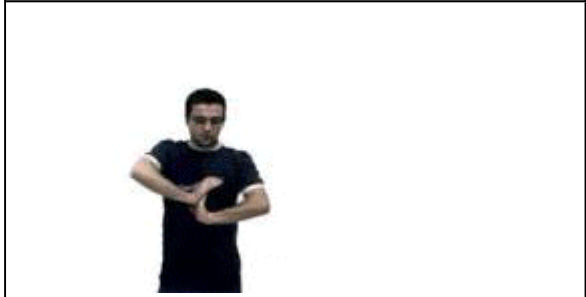
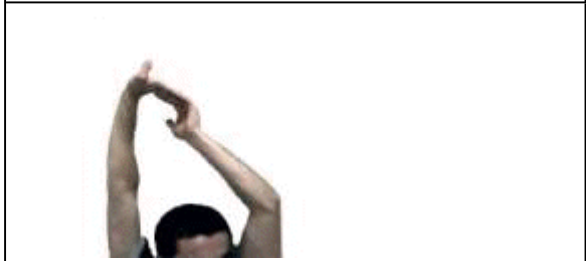
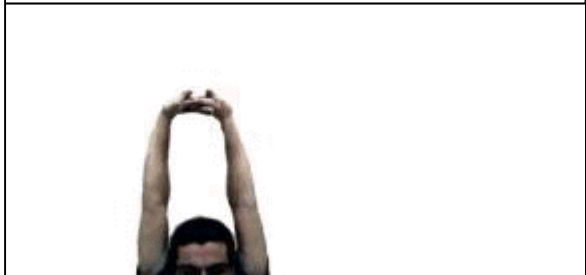


## FLEXOR STRETCHING EXERCISES OF THE WRIST

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	<p>Standing up, hold the palms of your hands against each other, the fingers upwards.</p> <p>Lower the hands as much as possible in the direction of the floor, maintaining the palms of the hands against each other.</p>
	<p>Standing up, put the palms of your hands against each other, the fingers pointing at the floor.</p> <p>Lift your hands towards your face as much as possible, maintaining the palms of the hands together.</p>
	<p>Standing on your feet, put the palms of your hands together, the fingers pointing outwards in front of you.</p> <p>Bring the hands as much as possible to the chest, maintaining the palms of the hands together.</p>
	<p>Standing up, facing a wall.</p> <p>Bend both arms with the palms of your hands upwards.</p> <p>Try to lean against the wall with the palms of your hands.</p> <p>Don't bend your elbows.</p>
	<p>Standing up, stretch your arms before you and intertwine the fingers of your hands.</p> <p>Stretch your elbows as much as possible.</p>
	<p>Sitting on the floor.</p> <p>Lean on the floor sitting on your hands.</p> <p>The hands are facing outwards.</p> <p>Move the hands forwards without taking them off the floor.</p>
	<p>On the floor sitting on hands and knees.</p> <p>Lean on the palms of your hands, with the fingers in front of you.</p>

	<p>Bend your chest forwards without taking the palms of your hands off the floor.</p>
	<p>Sitting on the floor on hands and knees. Lean against the floor on the palms of your hands, with the fingers pointing towards your body.</p> <p>Bend your body backwards without lifting the palms of your hands off the floor.</p>
	<p>Press the palm of the one hand against the fingers of the other and try to push the fingers backwards.</p>
	<p>Lift both arms above your head. Grab one hand by the palm, and push it down.</p>
	<p>Lift your arms above your head. Intertwine the fingers of both hands with the palms downwards.</p> <p>Push the palms downwards, stretching the elbows as much as possible.</p>