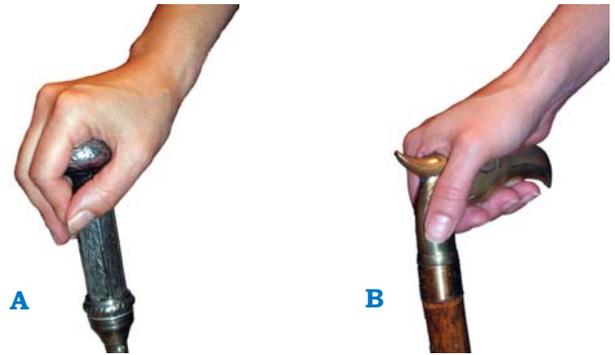


**General**

- Avoid using hand tools until you have achieved the ability to do the stretch without pain.
- When using a cane to aid your walking ability make sure that it does not have a handle that compresses the palm with a point (figure A). Use a cane that has a handle on it (figure B).



**Kung-Fu Self-stretch**

In the seated or standing position, keep your elbow against your side and flex it against your stomach. Point your fingers toward the ceiling and use the palm of your other hand to apply a stretching pressure (figure A). Gently, press your fingers into the palm of your hand for 3 deep breaths. Upon completion of the breathing and the flexing effort there is usually a relaxation of the muscles and the wrist will extend more. Repeat this muscle contraction & release for a total of 3 times.

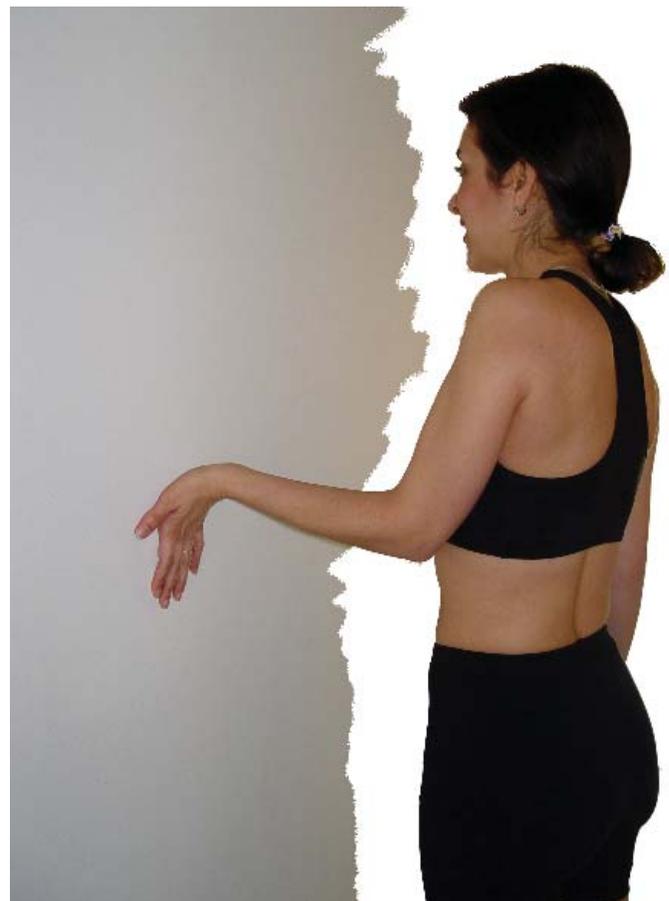
Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position.



**Wall Stretch**

Keeping your elbow tight against your gut extend your forearm and rest your palm on a wall with your fingers pointing downwards (figure A). Often times this is difficult and you may not be able to place your entire palm on the wall. Indeed, you may only be able to get your finger tips on the wall. In this case, gently press your fingers into the wall for 3 deep breaths. Upon completion of the breathing and the flexion effort there is usually a relaxation of the muscles and the wrist will extend more. Repeat this muscle contraction & release for a total of 3 times.

Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position.



Strengthening with Weights

To strengthen the palmaris longus start in the seated position with your arm resting palm up either on your thigh (figure A) or on a table (figure B). Using not more than 5 lb dumbbell (figure A) or a bag with a can of peas in it (figure B), allow the weight to slowly extend your wrist toward the floor while inhaling deeply and ending with your wrist fully extended (figures C & D). Hold this position for 2 seconds. Then, flex your wrist as much as possible while you exhale, returning toward the start position or with even more wrist flexion. Repeat these actions for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



Starting in the seated position, flex your arm and allow your wrists to extend, as show in figure A. Flex your wrist while exhaling deeply to end, as shown in figure B. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat these actions for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthen with an Exercise Machine



Last Word

- Extensor muscles of the hand and wrist