



PASSIVE WEIGHTED STRETCHES



Palm up



Palm Down

Take a 1-2# weight and hang your wrist over the edge of a table or armchair. Let the weight gently stretch for 1-5 minutes in both directions as tolerated.



Take a 1-2# weight and rotate your forearm so your palm is up and/or palm is down. Let the weight gently stretch you farther into each position for 1-5 minutes or as tolerated.