



Forearms stretches

CJ
Total Sports Therapy

01245 20357575
www.totalsportstherapy.co.uk

Twitter @tsportstherapy

Robjohns House,
Unit 11, Navigation Road,
Chelmsford,
Essex,
CM2 6ND



1. Hold arm extended in front of the chest, using other hand pull the hand backwards into extension to stretch the front of the forearm.
2. Hold arm extended in front of the chest, using other hand pull the hand forwards into flexion to stretch the front of the forearm.
3. Standing facing a wall, rest palm flat at chest height with elbow extended to stretch front of the forearm. Drawer hand downwards to increase the stretch.
4. Standing facing a wall, rest back of the hand flat at chest height with elbow extended to stretch back of the forearm. Drawer hand upwards to increase the stretch.

Why stretch these?

Forearm muscles are important for the control and stability of both the wrist and elbow

Many chronic conditions can be attributed to poor flexibility of the muscles and tendons in this area, for example Carpal Tunnel Syndrome.