

Exercise Prescription: Prayer Stretch

Purpose of Exercise:

This is a self-treatment for forearm/wrist pain and tightness.

Frequency:

You may complete this exercise 4-5 times daily until the restriction is worked through.

Starting Position:

Hands in front of you with your fingers pointed upwards. Tuck your shoulders down and back and maintain this position throughout the exercise.

Exercise Description:

From the starting position, pressing your hands together gently, slide your hands all the way to the left, and then to the right.

Repeat this side-to-side movement 10-12 times. Try to extend the arm progressively farther on each subsequent rep. Do not pause at the end-range. Make sure to keep your palms together as shown.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

Pictures:

