

# HEALTHY MOVES

## Stretch of the Month Forearm Extensors

### Why stretch the forearm extensor muscles

The extensor muscles in the forearm are responsible for extending the fingers and wrist. They also work in cooperation with the muscles for gripping. These muscles are commonly strained in activities such as playing tennis, pulling weeds, the repetitive strain of keyboarding or using the computer mouse for prolonged periods.

The common tendonitis involving these muscles is also known as “tennis elbow”. Pain is often felt where these muscles attach, as a group, to the bone on the outside of the elbow.

With repetitive strain these muscles get tense, tired, sore, and become inflexible. Stretching helps regain elasticity and length which helps healing and reduce occurrence of injury.

### How to stretch

- Place palm of left hand against back of right hand
- Keep right elbow straight
- With left hand, pull right palm toward the forearm, bending the wrist
- You should feel the stretch in the forearm or back of wrist.
- Hold stretch for 30 seconds.
- Repeat for other side. -Repeat twice for each side.



### Alternate Stretch 1

If pulling the wrist into flexion does not evoke a feeling of stretch in the forearm, then try this:

As you hold a straight right elbow and pull your right wrist in flexion with the left hand, use the left hand to gently turn your stretching hand outward (i.e. your pinky finger moves away from your body). If you don't feel a stretch with this movement speak with your health professional about other possible stretches.



### Alternate Stretch 2

You may be able to stretch both forearms at once as follows:

- Sit on a chair or bed.
- Drop your arms to the side of your body
- Bend your wrists so that the back of the hands rest on the chair or bed.
- Slowly straighten your elbows so that the bed or chair gently pushes your wrist into more flexion.
- Only push enough to feel a gentle stretch



*For both these stretches the feeling of comfortable stretch should be felt anywhere in the area from the wrist to the elbow.*

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### Disclaimer:

Suggestions made in this publication are no substitute for medical advice. If you have any pain or difficulty performing the described stretches, seek advice from your appropriate health professional.