

# HEALTHY MOVES

## Stretch of the Month Forearm Flexors

### Why stretch the forearm flexor muscles

The flexor muscles in the forearm are responsible for bending the fingers and wrist. They are the muscles that make your hand grip. These muscles are commonly strained in activities that require repetitive bending of the wrist and gripping with the hand. Some of the same activities that strain the extensor muscles of the wrist (*see forearm extensor article*) can also cause strain of the flexor muscles. The flexor and extensor muscles have to contract together when gripping.

The common tendonitis involving these muscles is also known as “golfers elbow”. It is often felt where these muscles attach, as a group, to the bone on the inside of the elbow -the “funny bone” side.

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

- Turn right hand to face palm up.
- Keep right elbow straight.
- Use your left hand (placed on right palm) to bend the right wrist backward.
- You should feel the stretch in the palm-side of the forearm or wrist.
- Hold stretch for 30 seconds.
- Repeat twice for each side.



### Alternate Stretch

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

- Sit on a bench or bed.
- Drop your arms to the side of your body.
- Place the palms of your hands on the bench, with fingers pointing toward the back.
- Keep the heel of your palms in contact with the bed. Slowly straighten your elbows and/or lean back slowly
- Lean backward with your body to feel a gentle stretch in your forearms or front of wrist. You may feel this stretch in the palm and fingers too.
- Hold for 30 seconds - repeat twice



*For both these stretches the feeling of comfortable stretch should be felt anywhere in the area from the wrist to the elbow, on the palm side of the forearm. Sometimes a stretch can be felt in the palm and fingers. This is alright too. As always there should be no pain with stretching.*

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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.