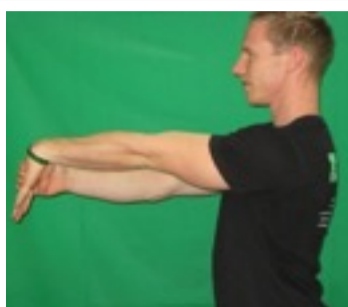


Upper trapezius stretch : Perform away from the involved side holding for 15 - 30 seconds.



Wrist extensor stretch : Perform 2 - 3 sets on each side holding for 15 - 30 seconds.
(Stretches the muscles associated with tennis elbow).



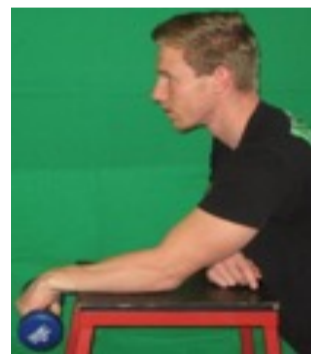
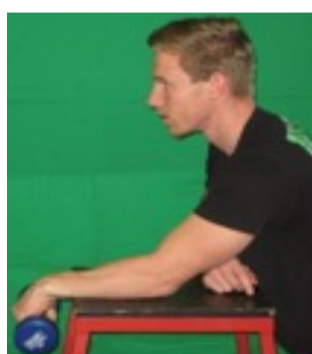
Wrist flexor stretch : Perform 2 - 3 sets on each side holding 15 - 30 seconds.
(Stretches the muscles associated with golfer's elbow).



Diamond stretch : Perform 2 - 3 sets holding each for 10 - 15 seconds.
(Stretches the muscles associated with the wrist and *Carpal Tunnel Syndrome*).



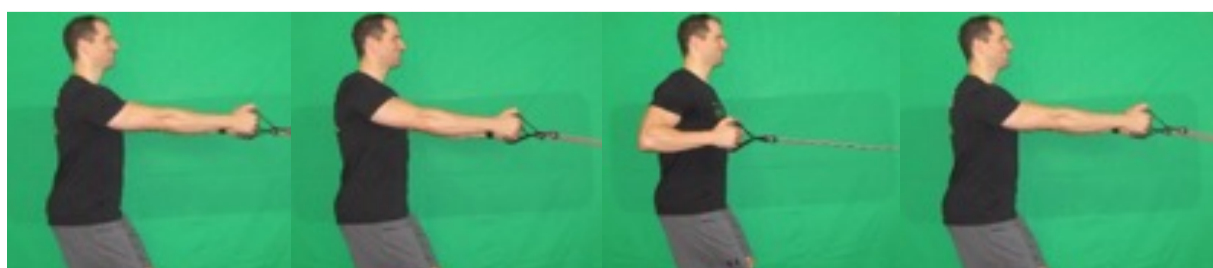
Thumb stopper stretch : Perform 2 - 3 sets on the involved side holding for 15 - 30 seconds.
(Stretches the muscles associated with the wrist and *Carpal Tunnel Syndrome*).



Wrist extension exercise : Perform 2 - 3 sets of 10 - 15 repetitions.
(Strengthens the muscles of the wrist and elbow).



Wrist flexion exercise : Perform 2 - 3 sets of 10 - 15 repetitions.
(Strengthens the muscles of the wrist and forearm).



Scapular retraction exercise : Perform 2-3 sets of 10 - 15 repetitions.
1.) Retract shoulders 2.) Row to chest 3.) Straighten arms - shoulders back 4.) Relax shoulders
(Strengthens the muscles of the wrist, elbow and postural muscles).

* Do not perform exercises if you have any discomfort.