

Wrist Reliever

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Photos by: Darlene Czech
Model: Courtney Miller



Figure 1



Figure 2



Figure 3



Figure 4



Stretch each finger back towards your elbow letting your wrist relax down (Figure 1). Stretch thumb back (Figure 2). Place hands on top of each other and curl fingers under (Figure 3). Shake hand briefly (Figure 4). Repeat on other hand.



Repetitions: _____ X Per Day: _____ Notes: _____

"The only courage that matters is the kind that gets you from one moment to the next."
- Mignon McLaughlin

