



Let it Heal

2400 Brant Street, Burlington ON L7P 4N3

Elbow/Wrist Exercises

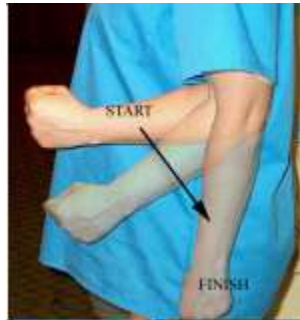
These exercises are to follow the elbow/wrist exercises.

1 The Egyptian



Start with arm bent, palm down, as you slowly extend the arm outwards, turn the palm upwards. Now slowly return to the starting position. This exercise is not done quickly.

2 Hammer Drop



Using only gravity and working within a comfortable range, drop your fist down from a right angle to a straight position.

#3 The Wave



Within a *comfortable* range, extend wrist, pointing fingers upwards then downwards

Advanced Bowen Therapy



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