

Wrist Decompression Program



Twist skin one way while
turning arm the other way
20-30 sec



Skin roll
1-2 min

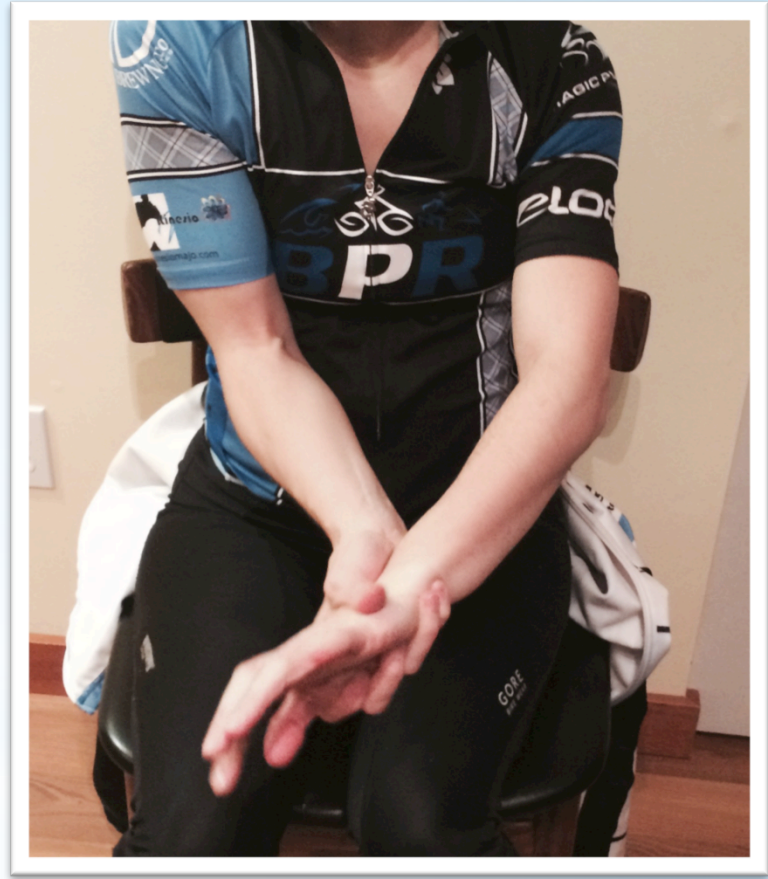


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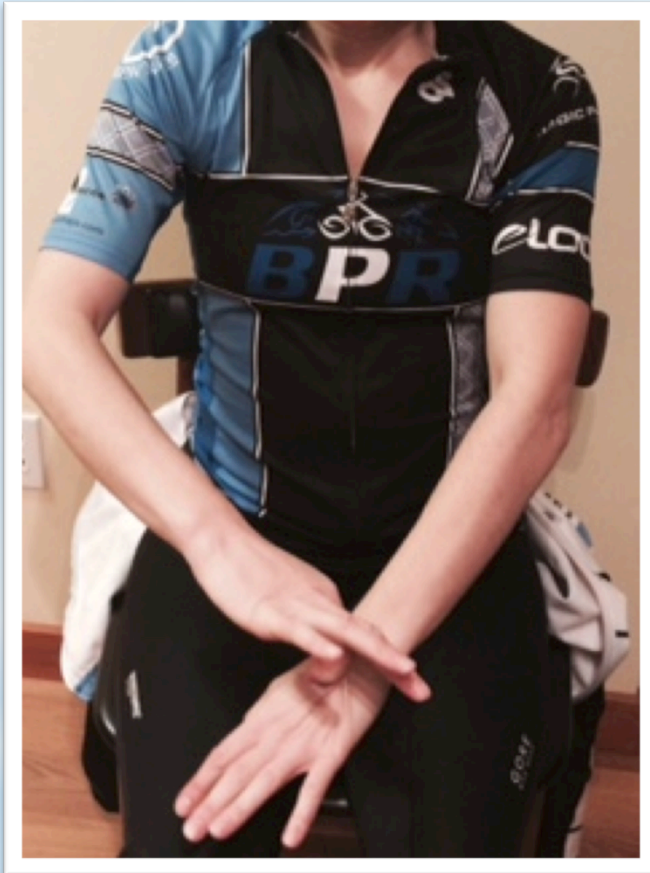


Supinate arm
locking the wrist
straight (bring
palm up)
5-10x

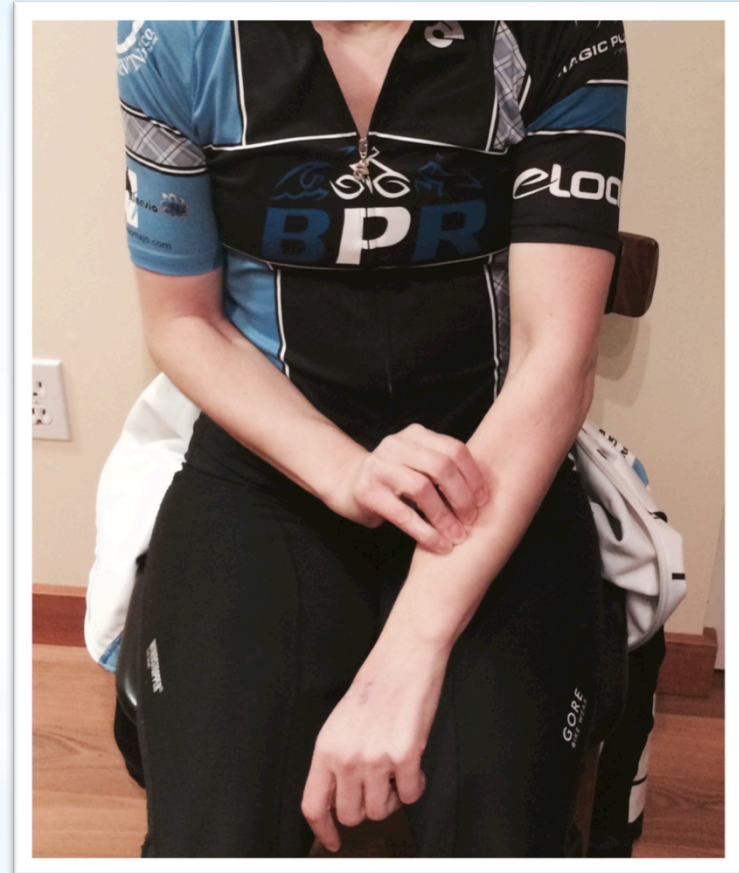


Pronate arm
locking the
wrist straight
(bring palm
down and out)
5-10x





Pinch, lift and twist skin on
top of the hand
1min



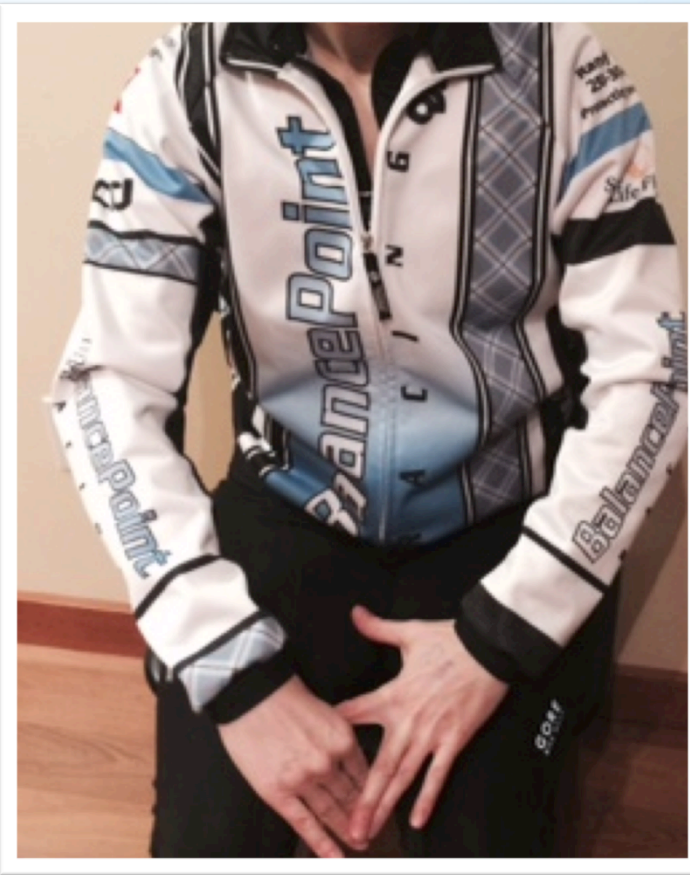
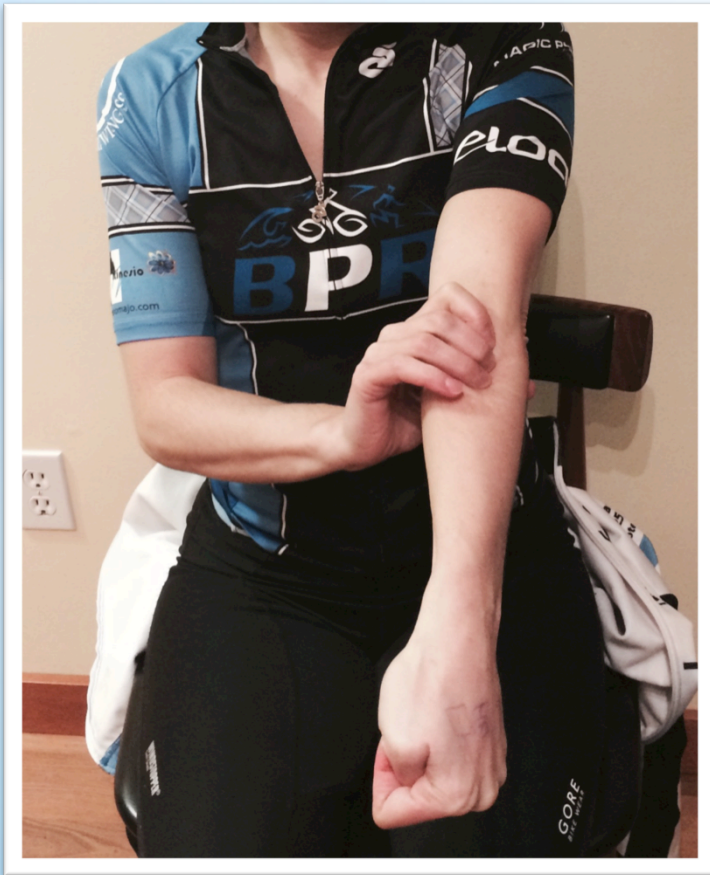
Linear friction between the
bones
1min





Pressure on trigger points
as moving wrist up and
down (as seen on picture)
10-15x

Split open and stretch
fingers apart, plus close
back together
5-10x
Repeat between each
fingers

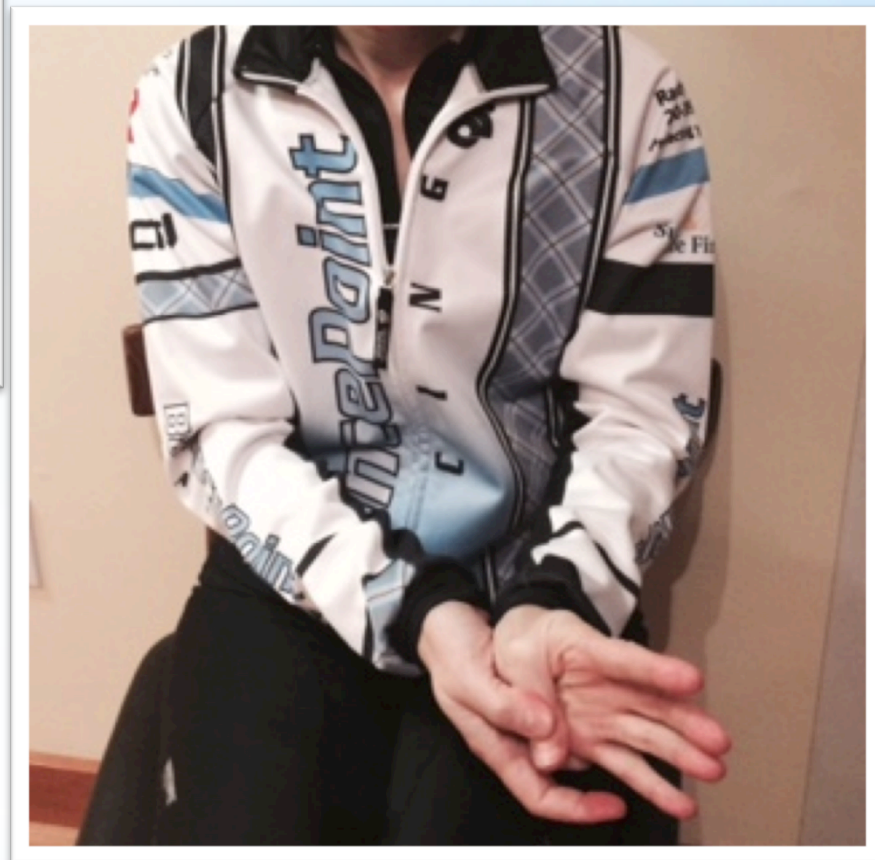




Move thumb toward palm,
push down to stretch (as
seen on picture) and lift it
back up
5-10x



Extend thumb toward
arm pit (as seen on
picture), pull to stretch
and fold back in
5-10x





Extend finger upward (as seen on picture), pull to stretch and fold back in
5-10x
Repeat with each finger

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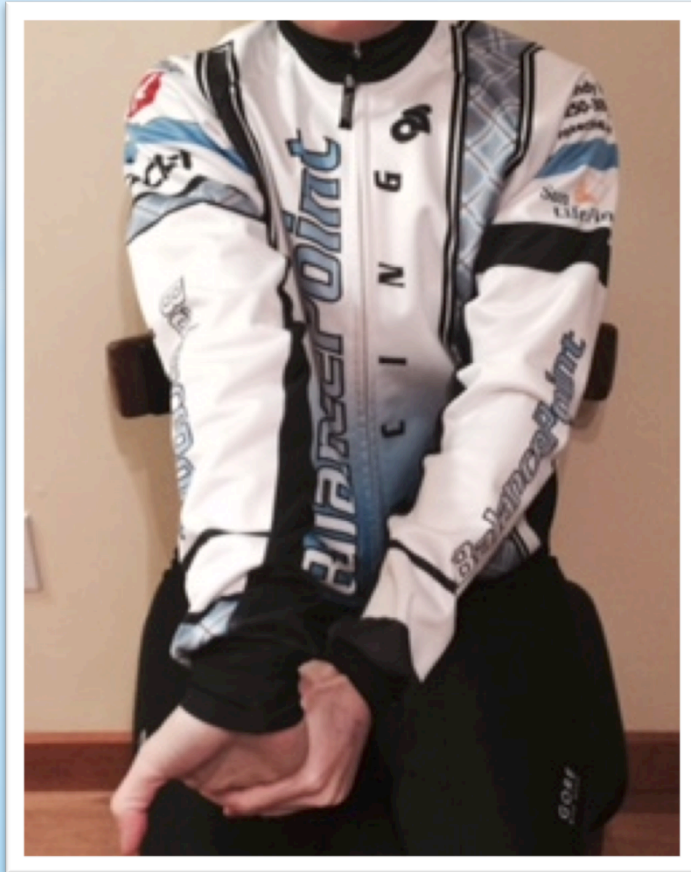
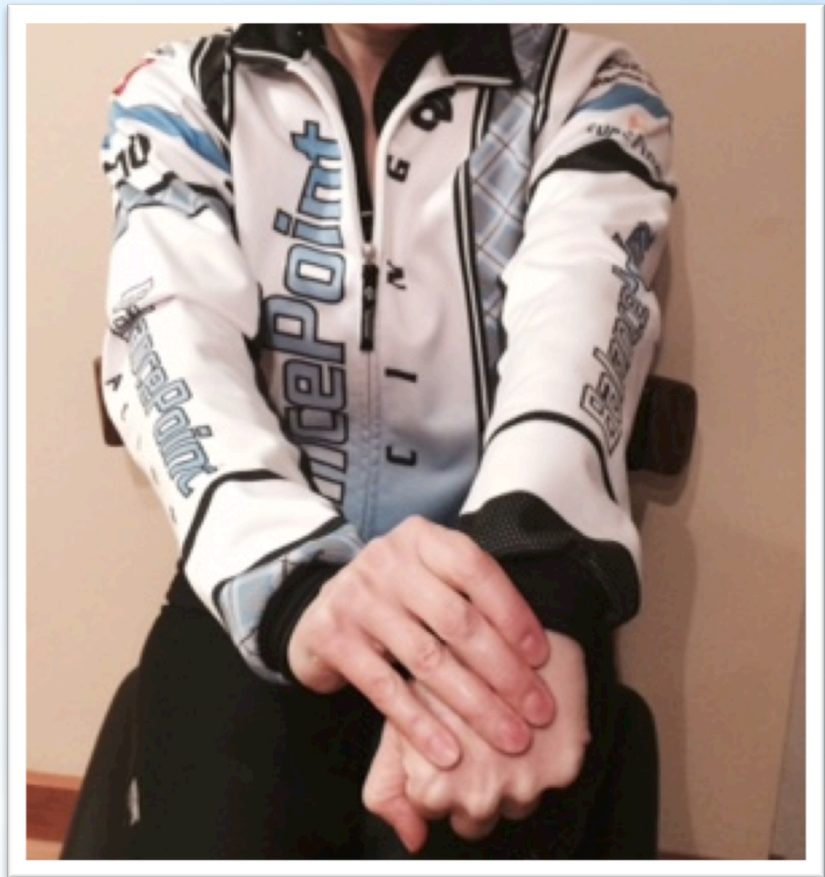


Fold finger (as seen on picture), pull skin downward as folding tighter to stretch, and extend up
5-10x
Repeat with each finger





Extend wrist downward keeping elbow straight (as seen on picture), pull further to stretch and fold back up 5-10x



Make a fist, fold wrist downward keeping elbow straight (as on picture), pull skin downward, flex further to stretch and extend back up 5-10x





Hold finger at its base
and gently track away
20 sec
Repeat with all fingers
and thumb



Lace fingers of both
hands together and
gently track wrist away
in a straight line
40-60 sec



And finish with a nice massage to the
inside of your hand!!



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