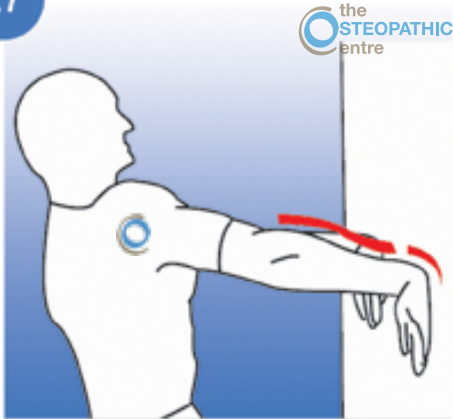


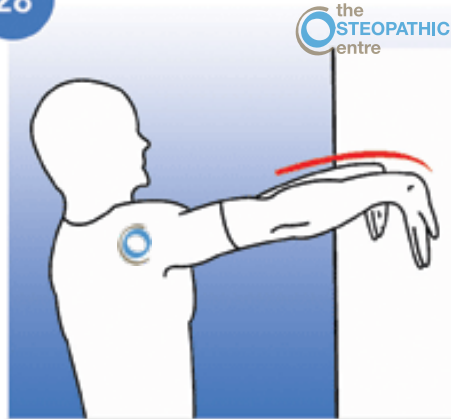
For more information please visit [www.theosteo.com.sg](http://www.theosteo.com.sg)

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**Wrist Extensor Stretch:**  
**Outside of forearm**  
No pain should be felt at wrist

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**Wrist Flexor Stretch:**  
**Inside of forearm**  
No pain should be felt at wrist

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**Wrist Flexor Stretch:**  
**Inside of forearm**