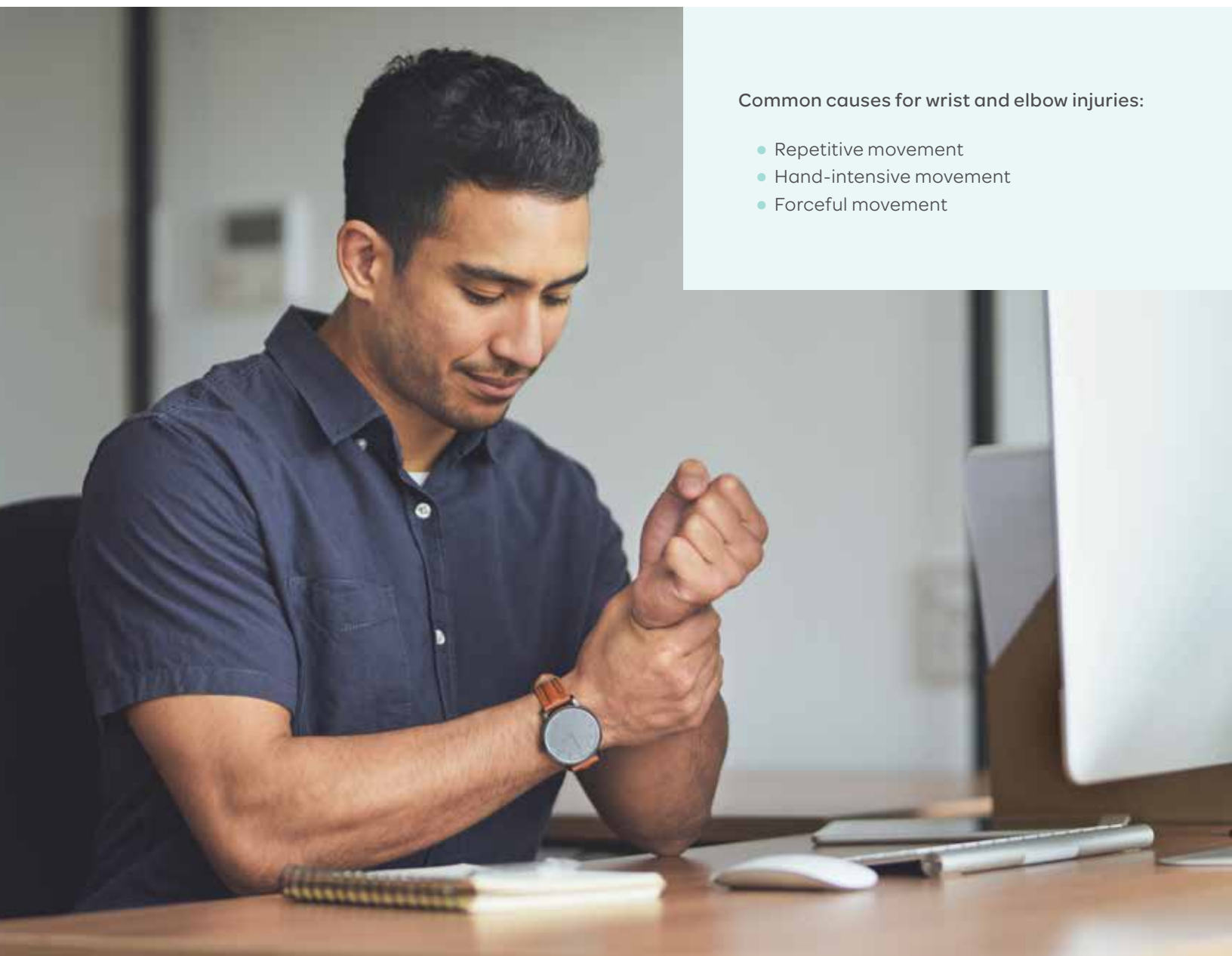


# Move better. Feel better!

Learn the common causes of wrist and elbow pain, and how to prevent it.

## Common causes for wrist and elbow injuries:

- Repetitive movement
- Hand-intensive movement
- Forceful movement



# Prevention exercises for wrist and elbow injuries

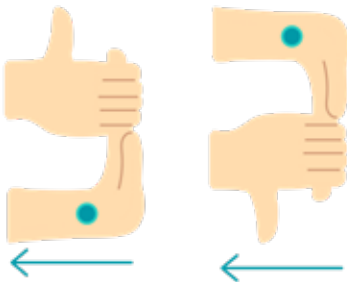
## **Rolling**

Slowly roll for 30 to 90 seconds for each soft tissue area

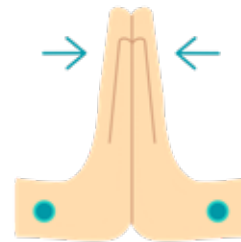


Wrist flexors and extensors

## **Stretches**



Static wrist flexion and extension stretch



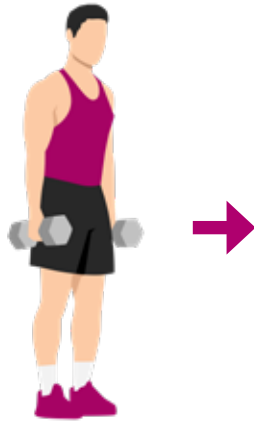
Praying position stretch



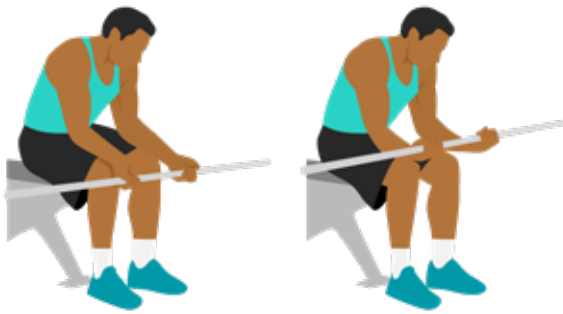
Wrist CARs  
(Controlled Articular Rotations)

# Prevention exercises for wrist and elbow injuries

## Activation



Carries



Wrist curl extension and flexion

Please consult with your doctor before starting any exercise routine.

**Keep up the good work with free health coaching!**

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

[modahealth.com](http://modahealth.com)

