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Therapeutic Stretching is part of the Hands-On Guides for Therapists series, providing tools of assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors.

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Stretching the Hands & Forearms 1 With hand open and facing down, gently bend wrist from side to side, as far as possible Hold for 3 to 5 seconds Repeat 3 times 2 Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch Hold for 3 to 5 seconds Next, rotate the palm up until you feel a stretch PATELLOFEMORAL EXERCISES STRETCHING EXERCISES

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