



# Let it Heal

## Elbow/Wrist Exercises

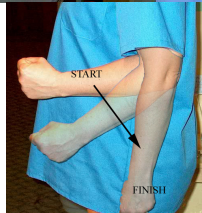
Do these exercises daily, beginning the day *after* your Bowen treatment, following your shoulder exercises (if applicable). Always start on the asymptomatic side (or the better side). Do 3-6 repetitions of each exercise on each side.

#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, and then downwards.

## Carpal Tunnel Exercises

These exercises are to follow the elbow/wrist exercises.

#1 Pull Fingers



With a straight wrist, pull the three middle fingers for 3-5 seconds.

#2 Push Fingers



Now push your three middle fingers backwards, stretching the underside of your wrist.

#3 Flick the Water Off



This is the same position as the “Hammer Drop”, again using gravity as the arm drops. The difference is that you will open your fist, extending your fingers as your arm drops. Pretend that your hands are wet and you are flicking the water off.

Advanced Bowen Therapy



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