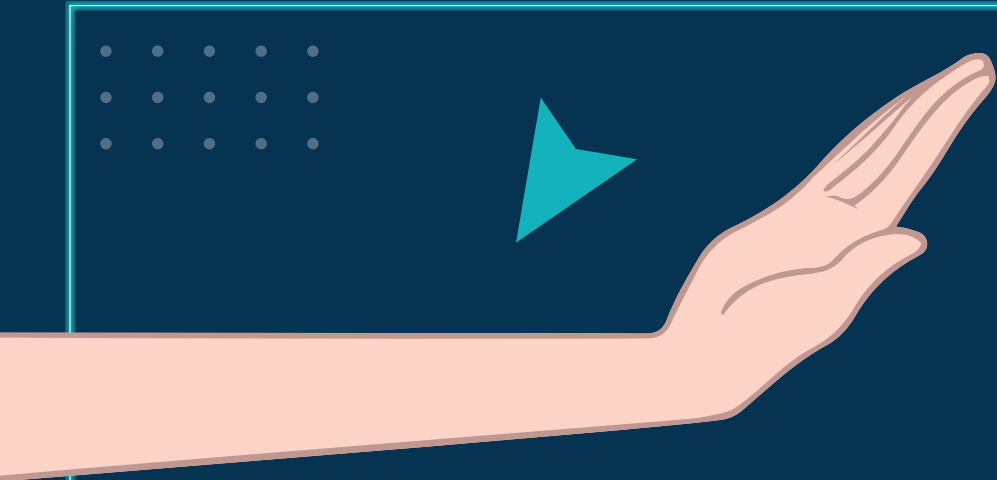


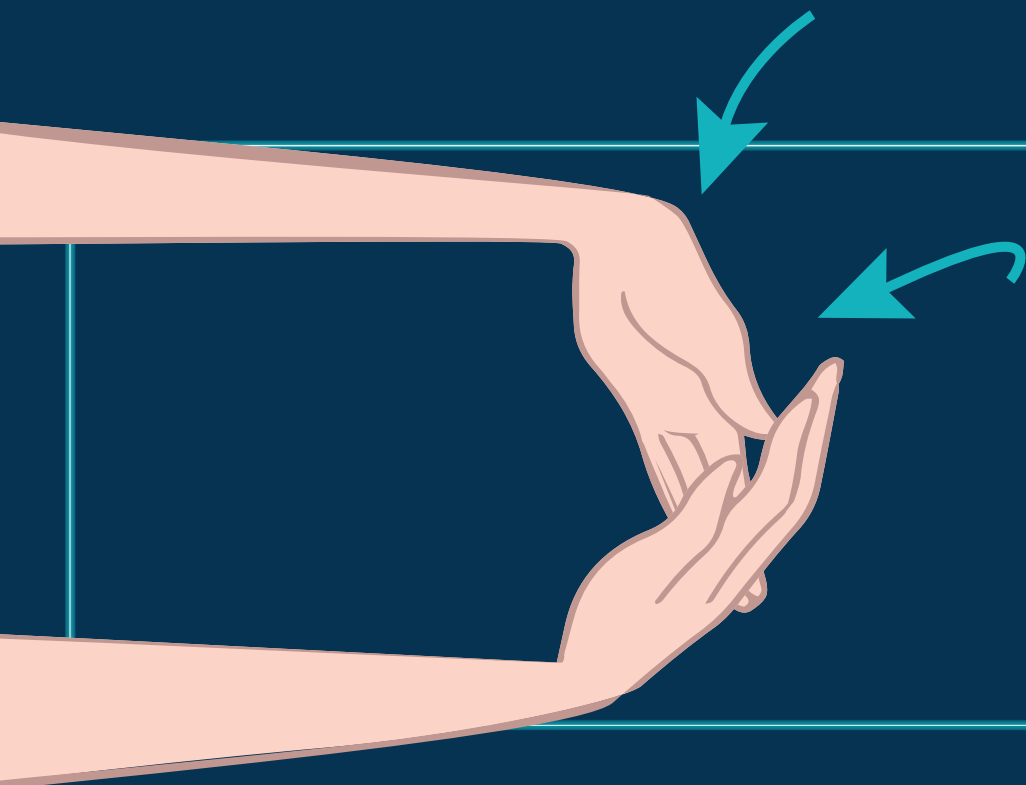
Three exercises to prevent and relieve forearm pain

Use these simple exercises each day to keep your elbow-wrist connectors flexible and reduce pain that can come from excessive use of your forearm muscles.



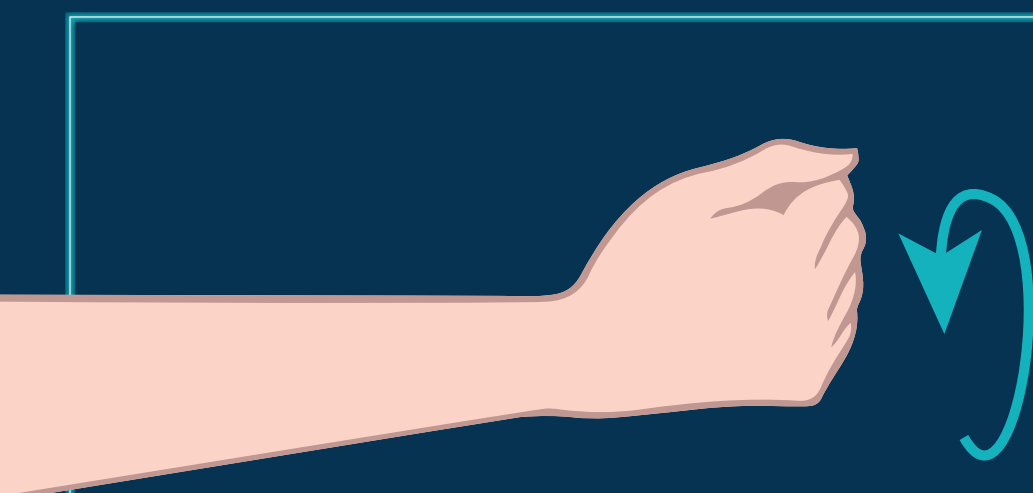
1 Palm up

- Extend your right arm in front of you with the palm up and facing you. Feel the stretch in your forearm. Hold for 30 seconds.
- Switch arms and repeat. Complete three to five repetitions with each arm.



2 Palm down

- Extend your left arm in front of you with your palm down. Use your right hand to bend your left wrist down until you feel a stretch in your forearm. Hold for 30 seconds.
- Switch arms and repeat. Complete three to five repetitions with each arm.



3 Pour the coffee

- Extend your right arm out in front of you at shoulder height. Make a fist, then inhale. Exhale and bend your wrist downward, rotating your arm inward as if pouring coffee. Hold for 10 seconds.
- Repeat five times then repeat five times with your left arm.

