Massage

Forearm Twist

Position

Hand wrapped around opposite forearm.

Movement

Exhale. Inhale. Breathe purposefully.

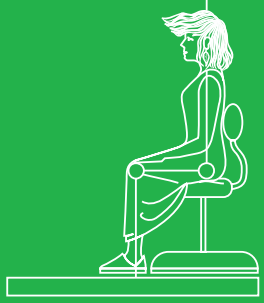
- Twist both arm and hand in opposing directions, working from wrist to elbow and back to wrist.
- Good sigh as you "wring out" tiredness!

Repeat each side 3 times.

Use often!

Target Area

- Elbow
- Forearms
- Wrist

Target Conditions

- Carpal Tunnel
- Golfer's Elbow
- Tendonitis
- Tennis Elbow