



## Video Transcript:

### Modified Locust Stretch for TFCC Recovery

Video can be found here: <http://bit.ly/ww-stretches>

For this exercise, you will lie down flat on your stomach, with your affected wrist down at your side, thumb pointing outwards.

Your opposite hand will be up in an “L” shape by your head.

Roll to one side and place your affected wrist palm down underneath your hip. Keeping your toes pointed and your leg straight, lift that leg slowly and then lower it back down.

Do the same with your opposite leg making sure your toes are pointed and your knee is locked.

To exit this pose, roll to one side and remove your hand from underneath you.

*This stretch is important for the pronator muscle in the elbow. It combines wrist rotation with elbow extension. It helps to do this stretch when warm like after a shower or workout. You can heat the elbow before hand with a heating pad. Hold the stretch and breathe. Perform as many times as possible throughout the day, especially before and after exercise.*

*Do not push through wrist pain. Back off the stretch if your wrist hurts. This is a stretch for the elbow and should not hurt the wrist.*