**Wrist Wobble**
Place forearm on a table using a rolled towel for padding. With your thumb facing upward, move your wrist up and down through its full range of motion.

According to a recent survey done by Black Women For Wellness hair professionals are at a great risk of experiencing occupational related joint and muscle pain. The following are some exercises that can be done to help relieve wrist pain. Do each exercise for 10 seconds-10 repetitions-3 times a day.

**Wrist Twist**
Place your arm at your side with your elbows bent at 90 degrees palms facing downward. Rotate your forearm so that your palm faces up and then down.

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