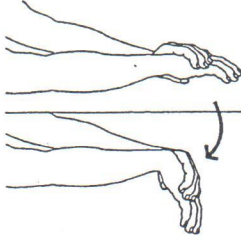


**Stretch wrist extensors straight arm**

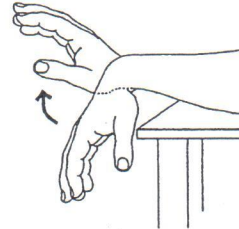


- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

**AROM wrist flx/ext palm down**



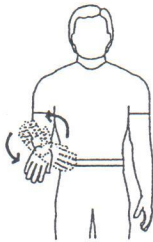
- Place forearm on table with hand off edge of table, palm down as shown.
- Move hand upward.
- Return to starting position.

Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM wrist circles**



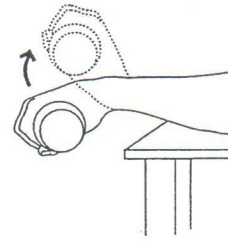
- Stand, arm at side, elbow bent to ninety degrees, palm down.
- Move wrist in circular motion, through available range.

Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist wrist ext w/wt**



- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Return to starting position.

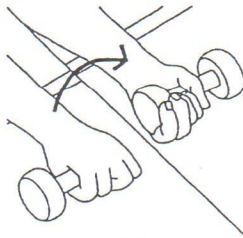
Perform 3 sets of 30 Repetitions, once a day.

Use 0 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist wrist sup w/wt**



- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Rotate hand to thumb up.
- Return to start position.

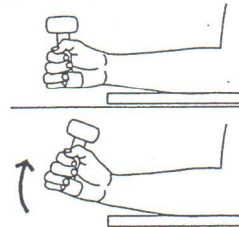
Perform 3 sets of 30 Repetitions, once a day.

Use 0 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist wrist radial dev w/wt**



- Support forearm on table or knee as shown.
- Hold weight in hand, thumb up.
- Lift weight upward.
- Return to start position and repeat.

Perform 3 sets of 30 Repetitions, once a day.

Use 0 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.