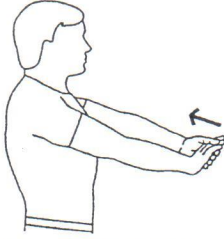
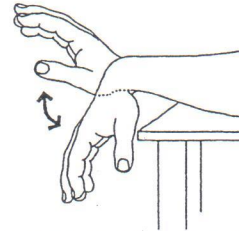


Stretch wrist flexors straight arm pron



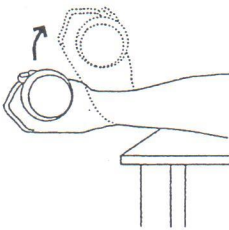
- Grasp fingers of one hand with other hand.
 - Keeping elbow straight on involved arm.
 - Pull back hand gently, as shown.
- Perform 1 set of 10 Repetitions, twice a day.
 Hold exercise for 10 Seconds.

AAROM wrist flx



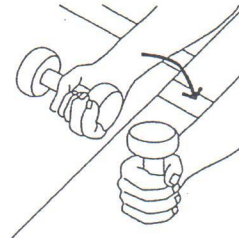
- Place forearm on table, hand off edge, palm down, as shown.
 - Move hand upward.
 - Return to starting position.
- Perform 3 sets of 20 Minute, twice a day.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

Resist wrist flx w/wt



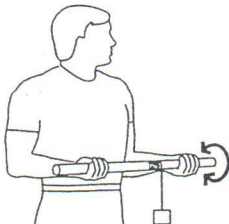
- Grasp weight with hand.
 - Place forearm on table with hand off edge of table, palm up as shown.
 - Move wrist upward.
 - Return to starting position.
- Perform 3 sets of 30 Repetitions, once a day.
 Use 0 Lbs.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

Resist wrist pron w/wt



- Support forearm on table or armchair.
 - Position hand palm up with weight in hand 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 flx w/dowel



- Attach weight to rope and secure rope to dowel.
 - Using both hands, palm up, wind up the rope, then unwind.
- 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 ulnar dev w/wt



- Hold weight in hand, arm at side.
 - Bend wrist backward as shown.
 - 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.