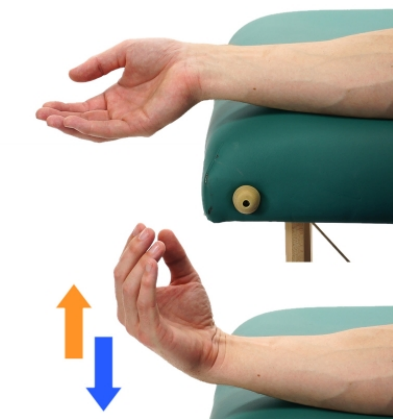


## WRIST EXTENSION AROM - TABLE

Rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Repeat 15 Times  
Hold 1 Second  
Complete 1 Set  
Perform 3 Time(s) a Day



## WRIST FLEXION AROM - TABLE

Rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

Repeat 15 Times  
Hold 1 Second  
Complete 1 Set  
Perform 3 Time(s) a Day



## WRIST RADIAL DEVIATION - AROM

Bend at your wrist upward with your wrist in a neutral position as shown, then slowly return to original position.

Repeat 15 Times  
Hold 1 Second  
Complete 1 Set  
Perform 3 Time(s) a Day



### FREE WEIGHT SUPINATION AND PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.

Repeat 15 Times  
Hold 1 Second  
Complete 1 Set  
Perform 3 Time(s) a Day



### TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 15 Times  
Hold 1 Second  
Complete 1 Set  
Perform 3 Time(s) a Day



### WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day



### WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day



### WRIST SUPINATION STRETCH

Rest your arm on a table, then grasp your wrist as shown and gently turn your affected wrist towards palm face up.

Keep your elbow straight and resting on a table during this stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day



### WRIST PRONATION STRETCH

Rest your arm on a table, then grasp your wrist as shown and gently turn your affected wrist towards palm face down.

Keep your elbow straight and resting on a table during this stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day