

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,
once a day.

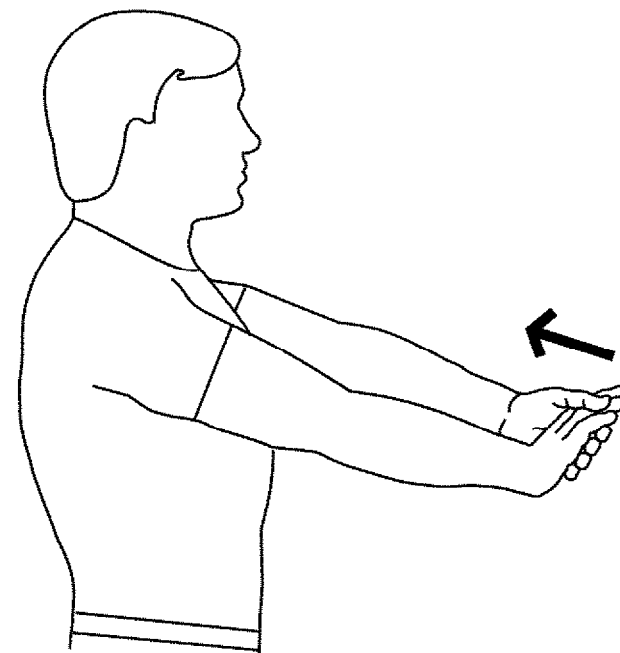
Hold exercise for 10 Seconds.

Stretch wrist flexors straight arm pron

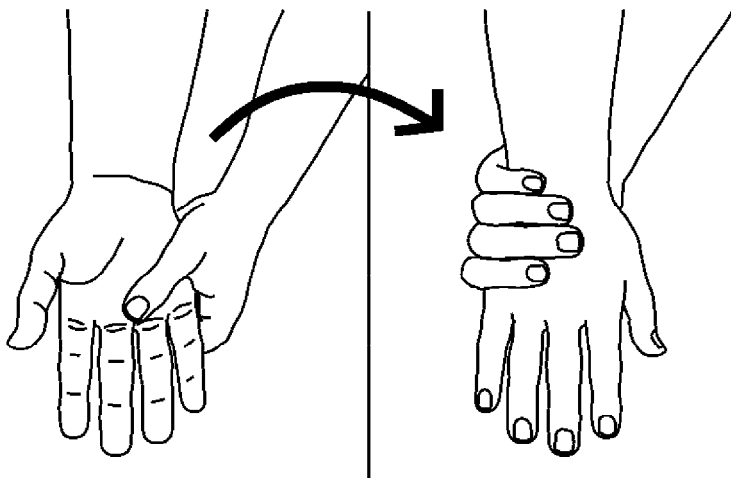
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



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PROM elbow sup/pron w/self

- Grasp your involved arm at wrist or hand.
- Rotate wrist and forearm through available range, and return to start position.

Special Instructions:

Use a firm, yet soft grip, cradling arm.
Do not squeeze over bony areas.

Perform 1 set of 10 Repetitions,
once a day.

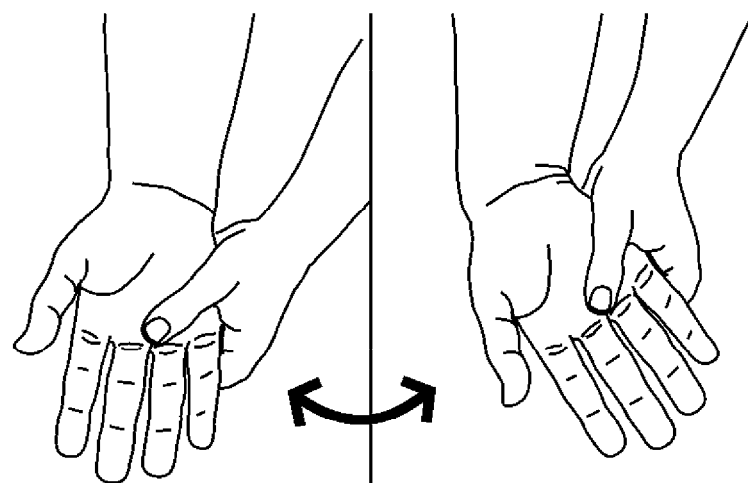
Hold exercise for 10 Seconds.

PROM wrist radial/ulnar dev

- Hold arm at side with elbow bent, palm up.
- Grasp involved hand with other hand.
- Bend wrist side to side as shown through available range.

Perform 1 set of 10 Repetitions,
three times a day.

Hold exercise for 10 Seconds.

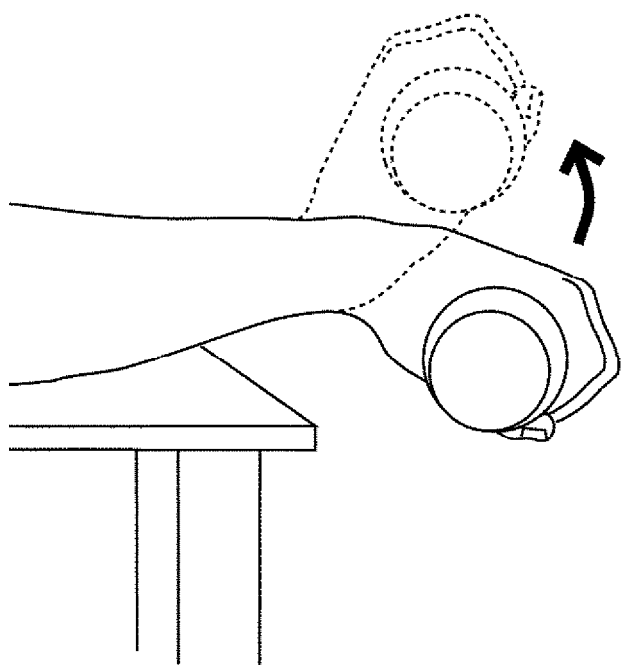


Resist wrist ext w/wt

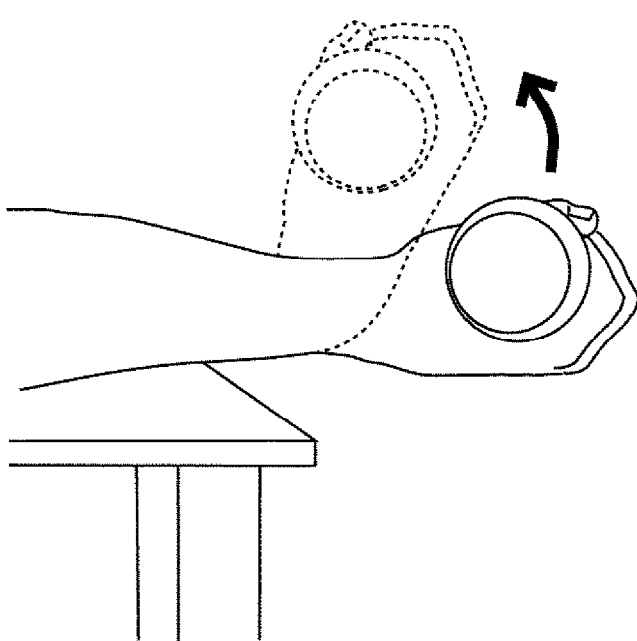
- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 2-5 Lbs.



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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 2 sets of 10 Repetitions,
once a day.

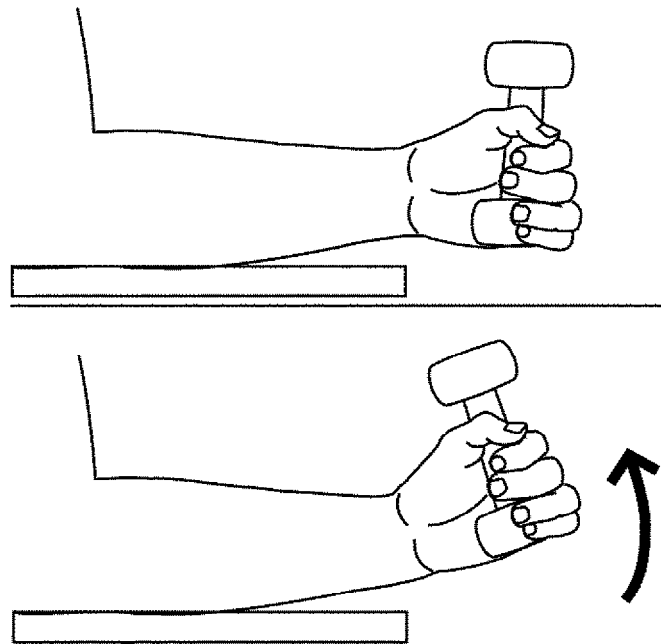
Use 2-5 Lbs.

Resist wrist radial dev w/wt

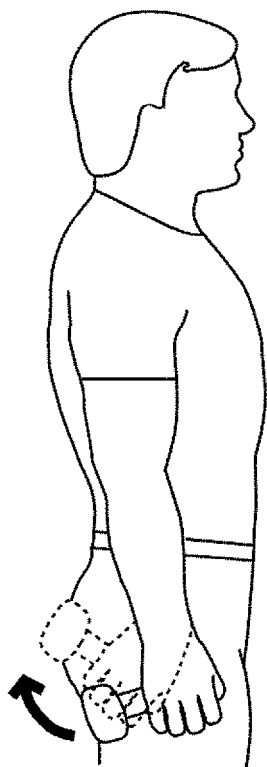
- Support forearm on table or knee as shown.
- Hold weight in hand, thumb up.
- Lift weight upward.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use 2-5 Lbs.



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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 2 sets of 10 Repetitions,
once a day.

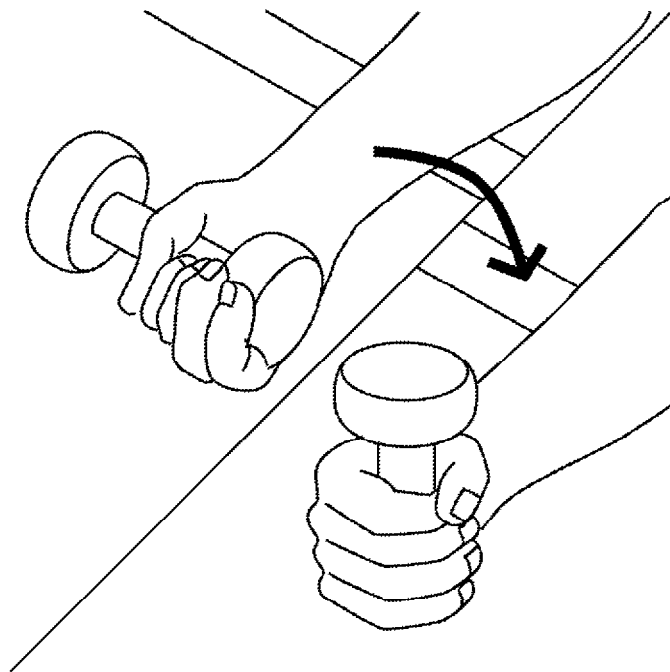
Use 2-5 Lbs.

Resist wrist pron w/wt

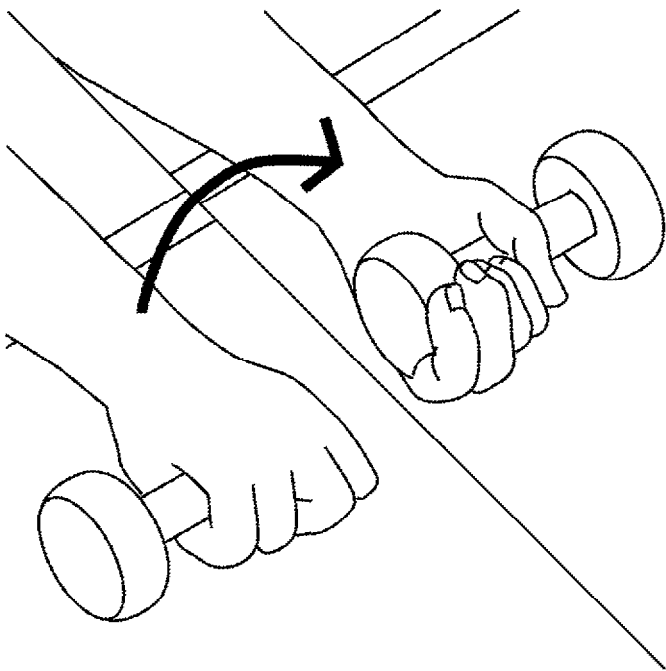
- Support forearm on table or armchair.
- Position hand palm up with weight in hand as shown.
- Rotate hand to thumb up.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 2-5 Lbs.



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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 2 sets of 10 Repetitions,
once every other day.

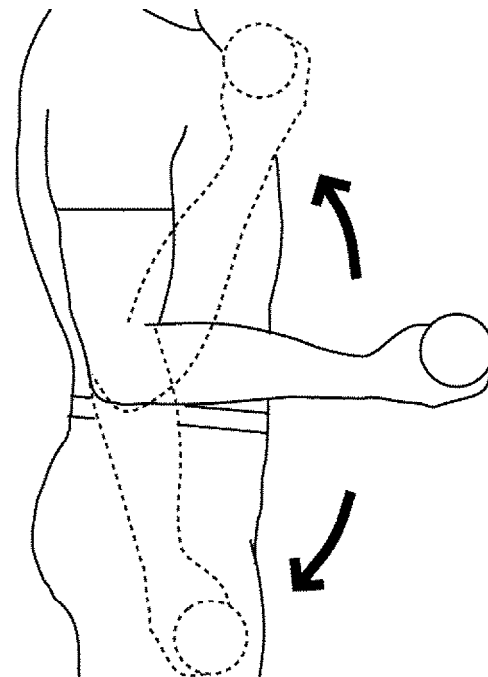
Use 2-5 Lbs.

Resist elbow flx uni w/wt

- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 2-5 Lbs.



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