## **Bahamas Institute of Hand and Rehabilitation**



11 East Avenue, Nassau, The Bahamas.

Tel: 242-357-7121/2 Fax: 242-356-7112

## **Home Exercise Program: Wrist Stretching**

Basic Principle: 1) Push the hand in desired direction till stretch pain is felt, 2) Feel the pain for 20 sec., 3) Release and repeat. Please follow the instructions from your therapist regarding dosage of each exercise.

For video link of these exercise, please scan the QR code or visit at https://youtu.be/QCYLXWkeD9o

## Ex # 1: Ulnar Deviation





Ex # 2: Radial Deviation



Ex # 3: Wrist Extension



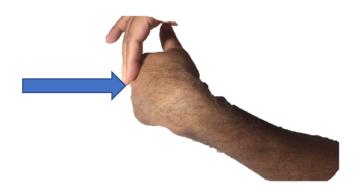
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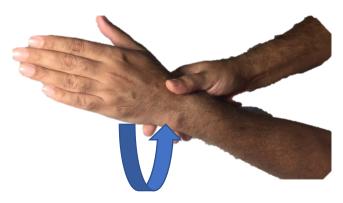
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Ex # 4: Wrist Flexion



Ex # 5: Forearm Pronation



Ex # 6: Forearm Supination

