

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>

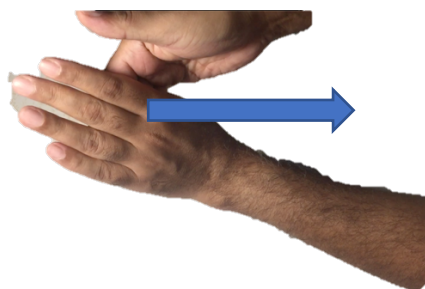
Ex # 1: Ulnar Deviation



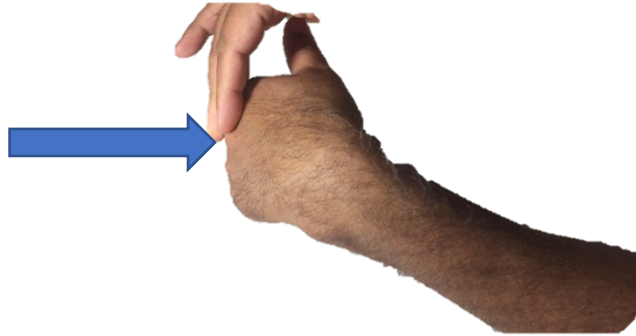
Ex # 2: Radial Deviation



Ex # 3: Wrist Extension



Ex # 4: Wrist Flexion



Ex # 5: Forearm Pronation



Ex # 6: Forearm Supination

