

**ELASTIC BAND WRIST CURLS**

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face up.

Video # XVWANTHBZ

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

**ELASTIC BAND WRIST EXTENSION**

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face down.

Video # XVTVHS35R

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

**ELASTIC BAND WRIST SUPINATION**

Tie a knot at both ends of an elastic band. While seated, step on one end of the band and hold the other end with your palm directed downward and rested on your thigh. The elastic band should exit the hand through the thumb-side as shown.

Start by turning your affected wrist/forearm towards palm side up against the resistance of the band.

Return to starting position and repeat.

Video # XVWAKA2GS

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND WRIST PRONATION

Tie a knot at both ends of an elastic band. While seated, step on one end of the band and hold the other end with your palm directed upward and rested on your thigh. The elastic band should exit the hand through the little finger side as shown.

Start by turning your affected wrist/forearm towards palm side down against the resistance of the band.

Return to starting position and repeat.

Video # XVZJ6AEVG

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week