



## 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.

Video # XVBBC8LS7

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



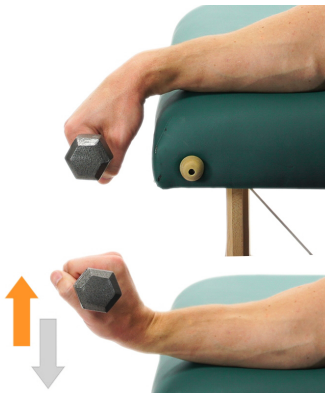
## WRIST FLEXOR STRETCH

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

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

Video # XV95KFNYQ

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

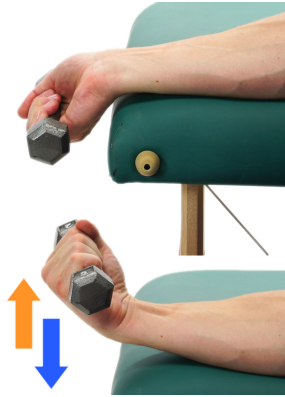


## WRIST EXTENSION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Video # XV6JJCN7C

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### WRIST FLEXION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

Video # XVL739BFR

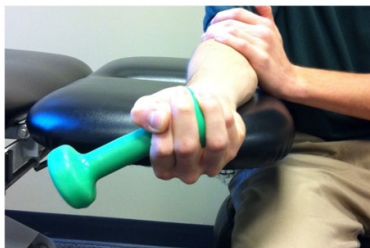
**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### Supination

Forearm supported on table with wrist in neutral position. Using a weight, roll wrist so that palm is now facing upward. Hold for 2 seconds and return to starting position.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### Wrist Pronation

Supporting forearm on table in a palm up position, rotated the wrist to palm down position. Maintain forearm contact with the table.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### FREE WEIGHT RADIAL DEVIATION

Start by holding the end of a small free weight with your hand by the side of your body. The free weight / dumbbell should be pointed forward as shown.

Next, bend your wrist so that the end of the weight raises upward. Return to the starting position and repeat.

Video # XVMC72BHS

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### FREE WEIGHT ULNAR DEVIATION

Start by holding the end of a small free weight / dumbbell with your arm by the side of your body. The free weight should be pointed behind you as shown.

Next, bend your wrist so that the end of the weight raises upward. Return to the starting position and repeat.

Video # XVLGBABHQ

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week