

**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 # VVHCXREZJ

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
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 # VVNUN4TAS

Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day

**TOWEL GRIP**

Place a rolled up towel in your hand and squeeze.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



WRIST EXTENSION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat. □

Add weight if it is too easy. If you do not own dumbbells, use a can of soup. Video # VV72SLAQU

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



WRIST FLEXION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat. □

Add weight if it is too easy. If you do not own dumbbells, use a can of soup. Video # VVUNVPREV

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown. □

Make slow, controlled movements. Video # VV3UDLD8J

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



WRIST ULNAR DEVIATION

Bend your wrist towards the little finger side and then return.
Video # VVZ63MSUE

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

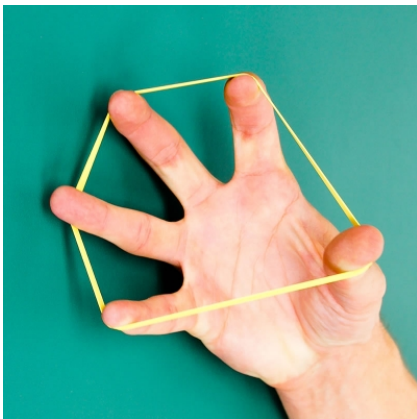


WRIST RADIAL DEVIATION

Bend your wrist towards the thumb side and then return. Video #
VV8G3M5MS

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



RUBBER BAND EXTENSION

Expand a rubber band or hair tie wrapped around your fingers.
Video # VVAK4L6LD

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day