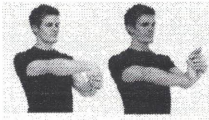


Wrist Range and Strengthening Program

Created by Daniel Anderson Aug 17th, 2017

View at "www.my-exercise-code.com" using code: 55MA76G

1

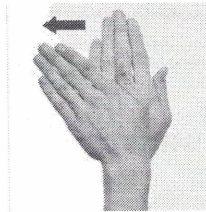


Wrist Flexion and Extension PROM

Keeping your elbow straight, bend your affected wrist upwards as far as you can and then use the other hand to gently push further, holding for 1 second. Repeat his for bringing you hand downwards.

Perform on both hands.

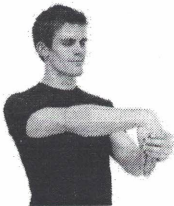
5



WRIST ULNAR DEVIATION

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

2

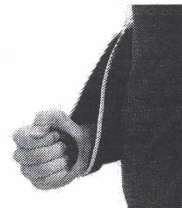


WRIST EXTENSOR STRETCH

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

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

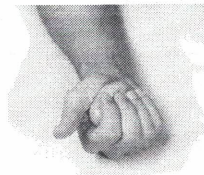
6



SLING - BALL SQUEEZE

Grip a small ball or small rolled up towel and squeeze it with your hand. Repeat.

7



PUTTY GRIP

Place putty in your hand and squeeze it firmly and slowly. Reshape it and repeat.

3



WRIST EXTENSION STRETCH - TABLE

Place boths hand on a table as shown and gently lean forward until a stretch is felt.

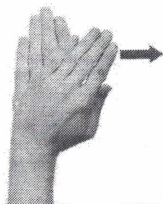
8



Strengthening with putty tip pinch

hold the putty between the tip of your index finger and your thumb and pinch together. repeat with your thumb and each finger.

4



WRIST RADIAL DEVIATION

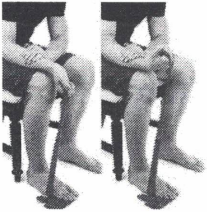
Bend your wrist towards the thumb side and then return.

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9

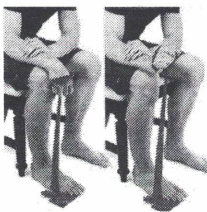


ELASTIC BAND WRIST CURLS

Rest your forearm on your thigh or table.

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

10

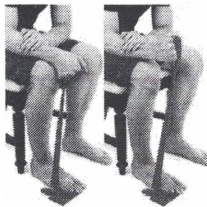


ELASTIC BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

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

11



ELASTIC BAND RADIAL DEVIATION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your wrist in a neutral position as shown.