

**Stretch wrist flexors straight w/sup**

- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

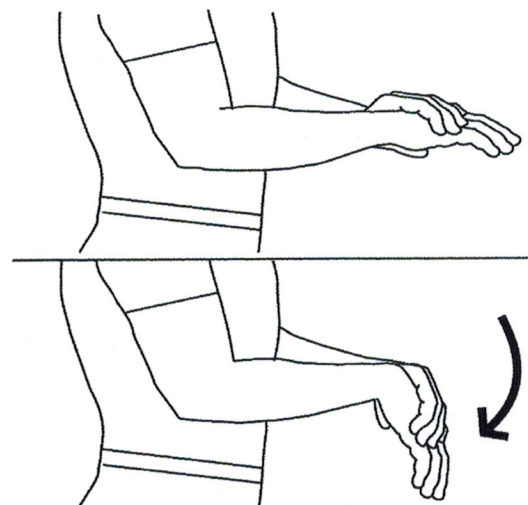
Hold exercise for 20 Seconds.

**Stretch wrist extensors bent elbow**

- Begin with elbow bent.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



**Resist wrist ext w/wt**

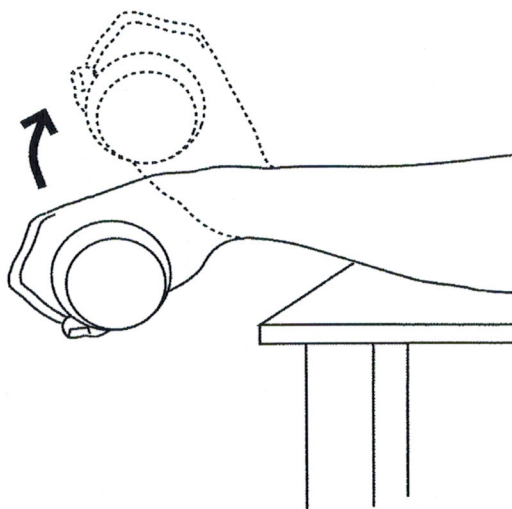
- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

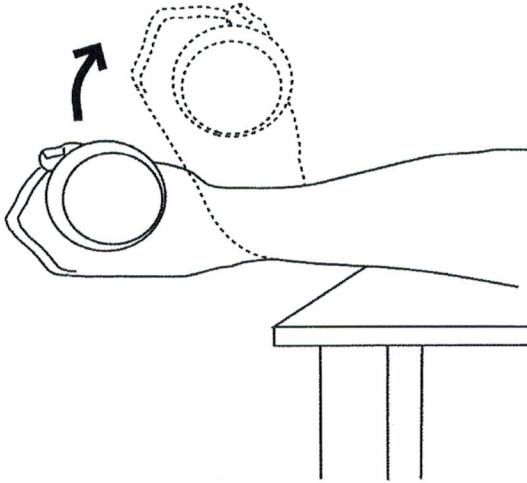


Issued By: First Choice

These exercises are to be used only under the direction of a licensed, qualified professional.

First Choice Physical Therapy

Signature: \_\_\_\_\_



**Resist wrist flx w/wt**

- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm up as shown.
- Move wrist upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, once every other day.

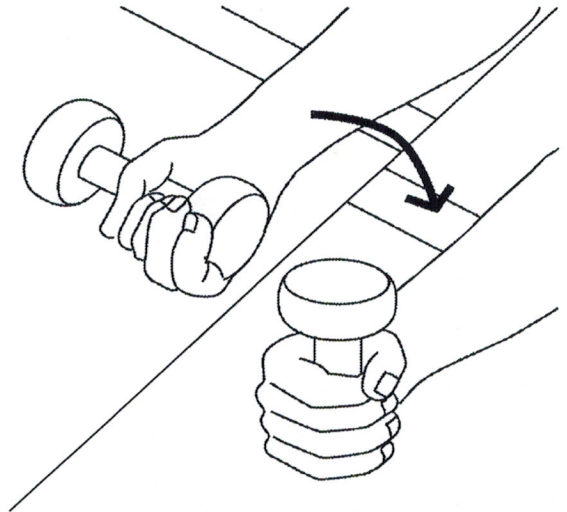
Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist wrist pron w/wt**

- Support forearm on table or armchair.
- Position hand palm up with weight in hand as shown.
- Rotate hand to thumb up.
- Return to start position.

Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

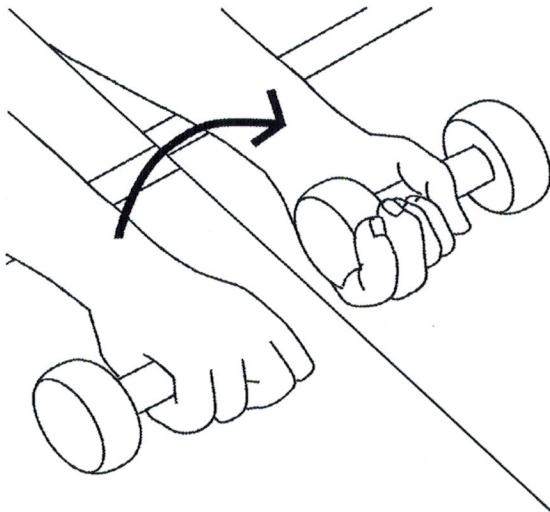


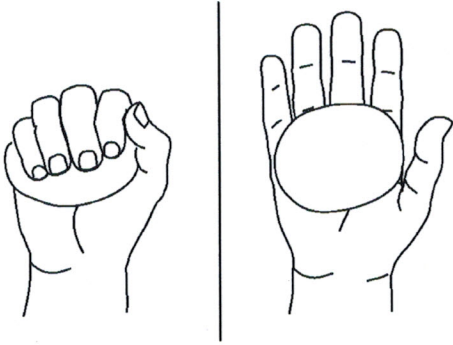
**Resist wrist sup w/wt**

- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Rotate hand to thumb up.
- Return to start position.

Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.





**Resist finger flx grip w/putty**

- Place putty in palm.
- Squeeze putty with fingers as shown.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.