



**TOWEL GRIP**

Place a rolled up towel in your hand and squeeze.

**Repeat** 6 Times  
**Hold** 10 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

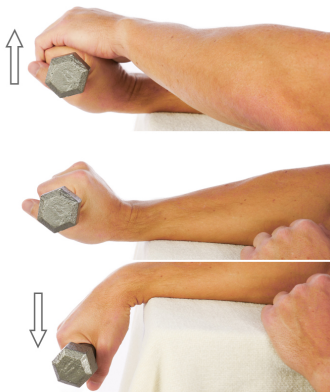


**FREE WEIGHT SUPINATION AND PRONATION**

Rest your forearm on your knee or a table. Next, while holding the end of a small free weight / dumbbell, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown. Use 2-3lb weight.

**Repeat** 20 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Video # VVB5M2LJD



**ECCENTRIC WRIST EXTENSION**

Place your arm, palm side down, on a table with your hand over the edge holding a free weight / dumbbell.

Start by using your unaffected hand to lift up your affected hand and free weight. Hold this position with your affected hand as you release your unaffected hand.

Next, use only the affected hand that is gripping the free weight to lower the free weight as you bend at the wrist.

Return to starting position by lifting with your unaffected hand again and repeat.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Video # VVZYQFXVN

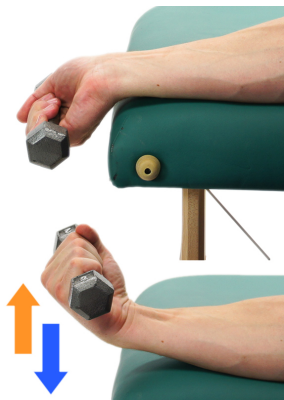


### WRIST EXTENSION CURLS - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell, place your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Video # VVX7MZNWY

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### 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 # VVB5UZ4N8

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### ECCENTRIC WRIST FLEXION

Place your arm, palm side up, on a table with your hand over the edge holding a free weight / dumbbell.

Start by using your unaffected hand to lift up your affected hand and free weight. Hold this position with your affected hand as you release your unaffected hand.

Next, use only the affected hand that is gripping the free weight to lower the free weight as you bend at the wrist.

Return to starting position by lifting with your unaffected hand again and repeat.

Video # VVKK68TG9

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### **TOWEL WRING - WRIST FLEXION EXTENSION**

Grasp the ends of a hand towel and begin twisting it one direction and then reverse the direction and twist it the other way. Repeat.

Video # VVBETYCCR

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**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  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### **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  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### PRAYER STRETCH - WRIST

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Video # VVBUNDUQU

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

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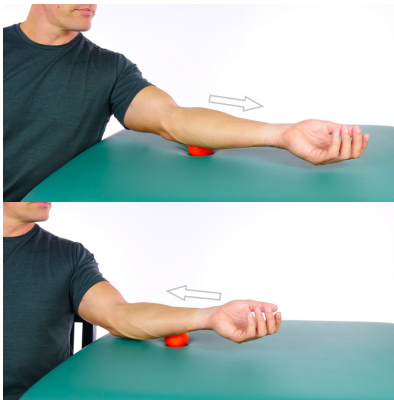


### REVERSE PRAYER STRETCH

Place the back of your hands together to stretch the wrist as shown.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

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### SELF MASSAGE BALL - WRIST EXTENSORS

Sit in chair and place your arm on a table with your palm directed upward.

Place a lacrosse ball or tennis/racquetball under your forearm.

Lean your body forward and back to allow the ball to roll the ball up and down your forearm for a gentle massage. Not over any bony areas.

Video # VVNCS4YUC

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

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### **SELF MASSAGE BALL - WRIST FLEXORS**

**Duration** 30 Seconds  
**Perform** 1 Times a Day

Sit in chair and place your arm on a table with your palm directed downward.

Place a lacrosse ball or tennis/racquetball under your forearm.



Lean your body forward and back to allow the ball to roll the ball up and down your forearm for a gentle massage. Not over any bony areas.

Video # VVELN574U