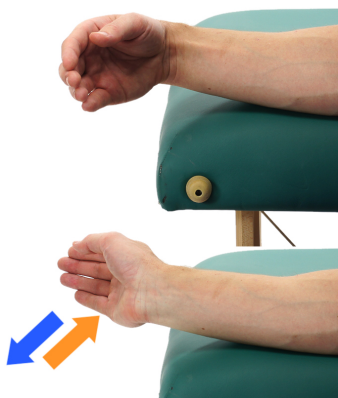
**WRIST FLEXION AROM - TABLE**

Rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

Video # VV6JXD48D

Repeat	10 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Times a Day

**WRIST FLEXION EXTENSION AROM - TABLE - GRAVITY ELIMINATED**

Rest your forearm on a table and bend your wrist side-to-side with your palm facing sideways.

Video # VVBSC79YC

Repeat	10 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Times a Day

**WRIST CIRCLES**

Move your wrist in a circular motion. Move it clockwise for several revolutions and then counter clockwise. Start with small circles if needed to minimize discomfort.

Video # VVRFGXRZ7

Repeat	10 Times
Complete	3 Sets
Perform	2 Times a Day



WRIST ULNAR DEVIATION

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

Video # VVZ63MSUE

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Times a Day



WRIST RADIAL DEVIATION

Bend your wrist towards the thumb side and then return.

Video # VV8G3M5MS

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Times a Day

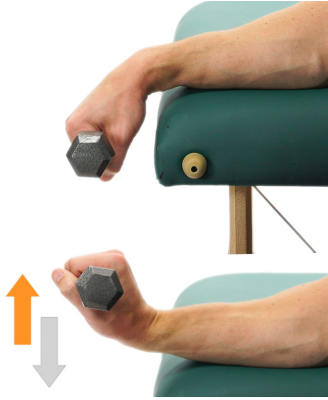


HAND/WRIST AROM ABCs WITH BALL

Roll a ball on a table moving in a pattern to spell out the alphabet.

Video # VVB5RABUN

Repeat 1 Time
Complete 2 Sets
Perform 2 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 # VVXN2CS3X

Repeat 8 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



WRIST ULNAR DEVIATION STRETCH - FREE WEIGHT

Start by holding a small free weight / dumbbell with your arm rested on a table.

Next, move your arm so that your wrist is over the edge of the table with palm pointed to the side.

Then, let your wrist bend downwards towards the floor as shown.

Allow gravity to stretch your wrist as this position is maintained.

Return to starting position with your arm and the weight resting on the table and then repeat.

Video # VV2NRPPQY

Repeat 1 Time
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day



WRIST FLEXION STRETCH - FREE WEIGHT

Start by holding a small free weight / dumbbell with your arm rested on a table.

Next, move your arm so that your wrist is over the edge of the table with palm pointed downward.

Then, let your wrist bend downwards towards the floor as shown.

Allow gravity to stretch your wrist as this position is maintained.

Return to starting position with your arm and the weight resting on the table and then repeat.

Video # VVUF9WBU

Repeat 1 Time
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day



WRIST CURLS - RADIAL DEVIATION - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell and resting your forearm on your thigh, bend your wrist up and down with your wrist in a neutral position as shown.

Video # VV6D945Y2

Repeat 10 Times
Hold 1 Second
Complete 2 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 15 Seconds
Complete 1 Set
Perform 2 Times a Day



REVERSE PRAYER STRETCH

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

Repeat 1 Time
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day