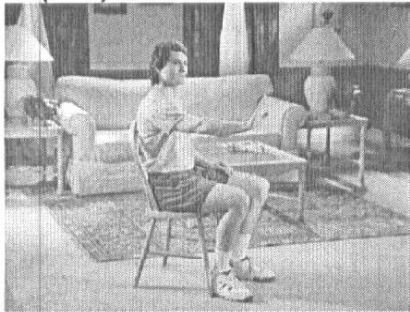


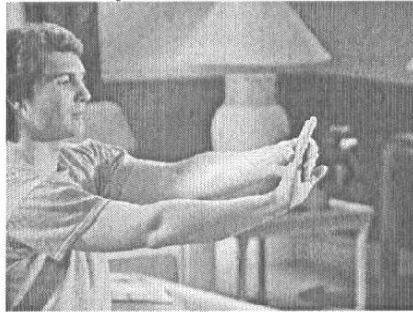
Patient: Wrist,

Usage:

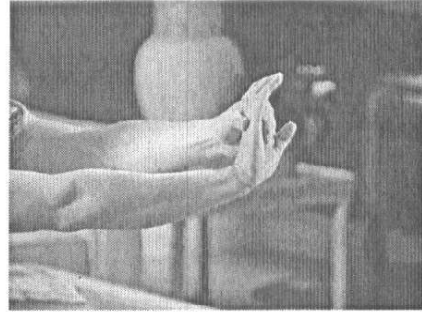
1. (226) Wrist Extension Stretch: 2 reps, 30 sec hold, 1 set



Sit in chair with your arm extended.



Grasp your hand at the knuckles.

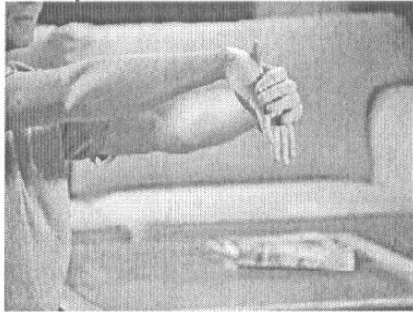


Flex your hand back toward your body.

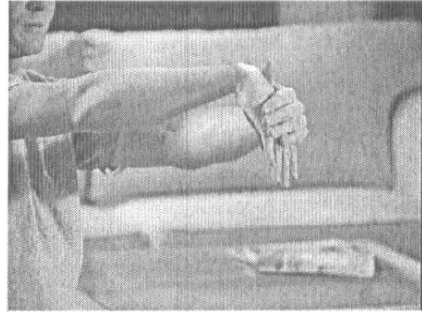
2. (227) Wrist Flexion Stretch: 2 reps, 30 sec hold, 1 set



Sit in chair with your arm extended.



Grasp your hand at the knuckles.



Flex your hand down toward your body.

3. (228) Wrist Pronation Stretch: 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Grasp over the top to the back of your hand.



Gently rotate your hand inward.

4. (230) Wrist Supination Stretch: 2 reps, 30 sec hold, 1 set



Sit in a chair with your arms supported.



Grasp under your hand to the back of the hand.



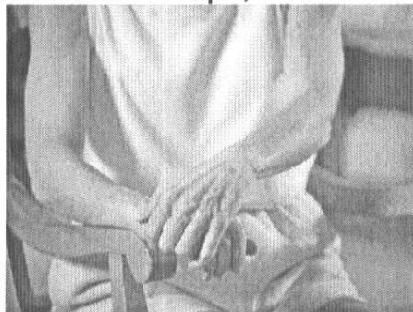
Gently rotate your hand to a palm up position.

Patient: Wrist,
Usage:

5. (231) Wrist Radial Deviation Stretch: 2 reps, 30 sec hold, 1 set



Sit with your arm supported, and your palm facing down.



Grasp over the top of your hand.



Gently flex your hand inward toward your thumb.

6. (229) Wrist Ulnar Deviation Stretch: 2 reps, 30 sec hold, 1 set



Sit in chair with your arms supported.



Place your hand over the top of your thumb.



Gently press your hand down toward the floor.

7. (221) Active Wrist Extension: 10 reps, 1 set



Sit in a chair with your arms supported.



Position your hand with your palm facing down.

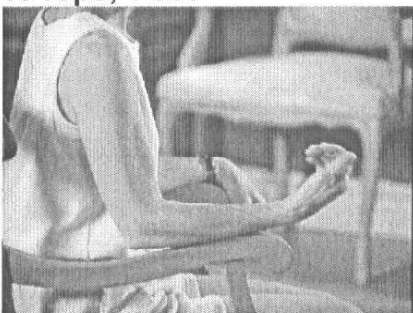


Flex your hand up keeping your forearm on the chair.

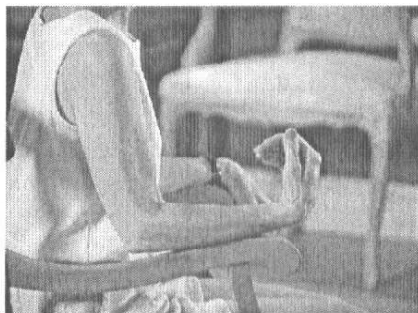
8. (222) Active Wrist Flexion: 10 reps, 1 set



Sit in chair arms supported



Palm facing up



Flex hand up

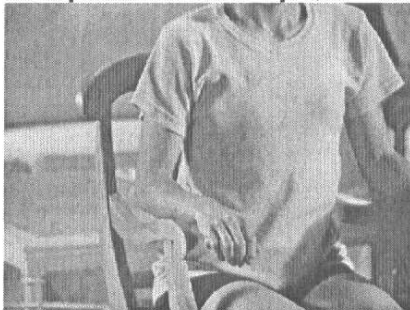
Patient: Wrist,

Usage:

9. (223) Active Wrist Pronation/Supination: 10 reps, 1 set



Sit in a chair with your arms supported.

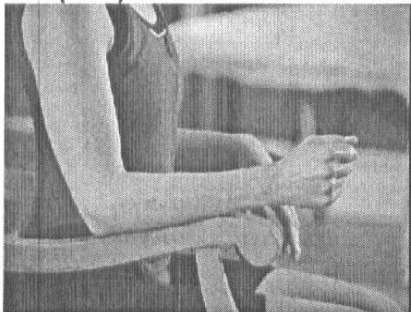


Rotate your hand inward to a palm down position.

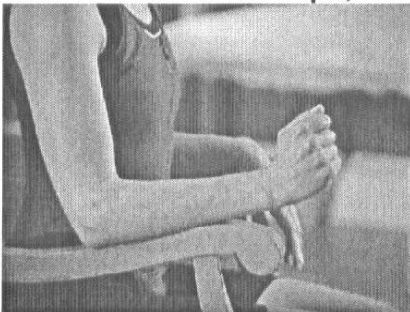


Rotate your hand outward to a palm up position.

10. (224) Active Wrist Radial/Ulnar Deviation: 10 reps, 1 set



Sit in a chair with your arms supported.



Flex your hand up toward your thumb.

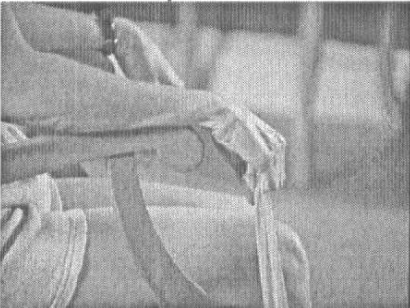


Flex your hand down toward the floor.

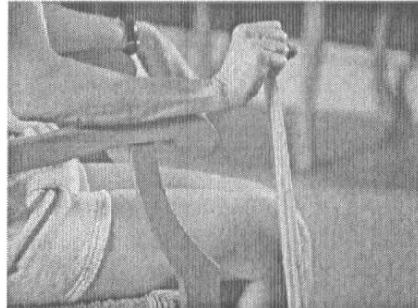
11. (232) Resisted Wrist Extension: 10 reps, 1 set



Loop band between your foot and your hand.



Rest your arm on the chair with palm facing down.

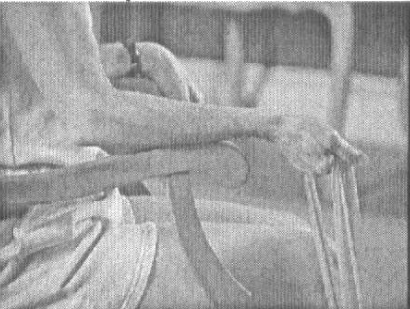


Flex your hand up.

12. (233) Resisted Wrist Flexion: 10 reps, 1 set



Loop band between your foot and your hand.



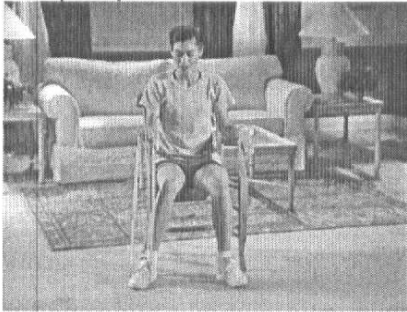
Grasp the band with your palm facing up.



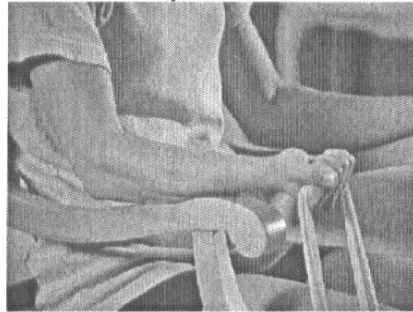
Flex your hand up.

Patient: Wrist,
Usage:

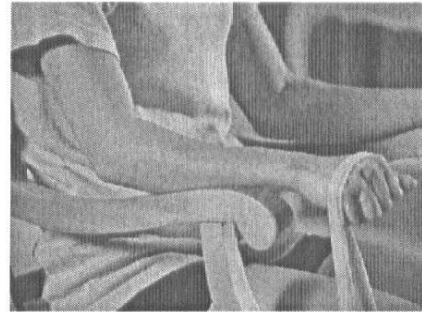
13. (234) Resisted Wrist Pronation: 10 reps, 1 set



Loop band between your foot and your hand.



Grasp the band with your palm facing down.

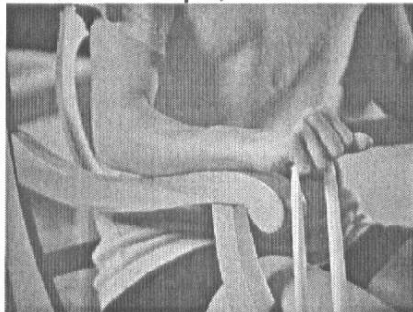


Rotate your hand inward to a palm down position.

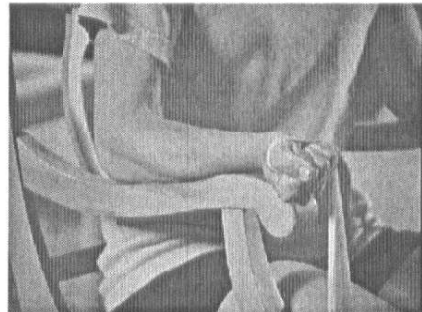
14. (236) Resisted Wrist Supination: 10 reps, 1 set



Loop band between your foot and your hand.

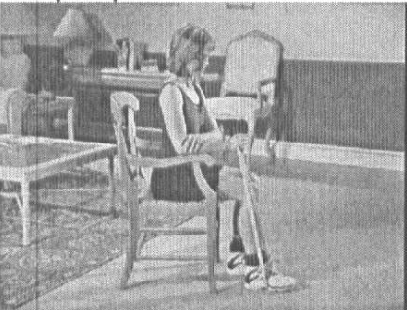


Grasp the band with your palm facing down.

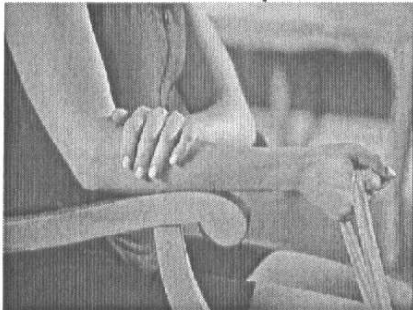


Rotate your hand outward to a palm-up position.

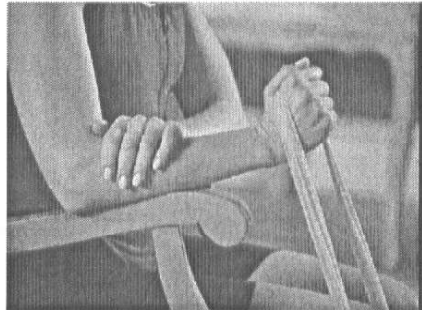
15. (238) Resisted Wrist Radial Deviation: 10 reps, 1 set



Loop band between your foot and your hand.



Grasp the band with your thumb facing up.



Flex your hand up toward your thumb.

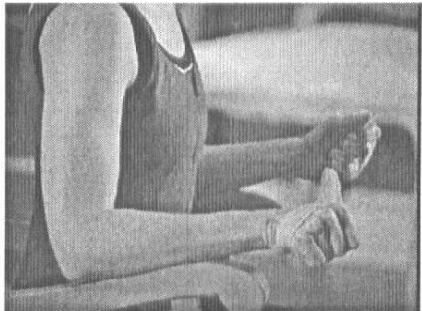
16. (235) Resisted Wrist Ulnar Deviation: 10 reps, 1 set



Loop a band between your hands.



Rest your arm on a chair with palm facing down



Flex your hand outward toward your little finger.