

Wrist Extension with Resistance
 reps: 20 sets: 2 hold: 3 sec Weekly: 5x Daily: 1x



Clinician Notes:

A 1-2 lb dumbbell can be used in place of a band.

Setup

- Begin sitting upright in a chair with your arm resting on a table and your hand off the edge, holding one end of a resistance band that is anchored under your feet.

Movement

- Slowly bend your wrist backward against the resistance, then lower it back down and repeat.

Tip

- Make sure to only bend your wrist during the exercise.

Wrist Flexion with Resistance
 reps: 20 sets: 2 hold: 3 sec Weekly: 5x Daily: 1x



Clinician Notes:

A 1-2 lb dumbbell can be used in place of a band.

Setup

- Begin sitting in a chair with your elbows resting on your knees, and a resistance band looped around your hand and anchored under your foot.

Movement

- Bend your wrist up against the resistance, then lower it back down and repeat.

Tip

- Make sure to only bend at your wrist during the exercise.

Standing Single Arm Bicep Curls Supinated with Dumbbell
 reps: 10 sets: 3 hold: 3 sec Weekly: 5x Daily: 1x



Clinician Notes:

Use 1-3 lb dumbbell. Ensure movements are slow and controlled at all times!

Setup

- Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

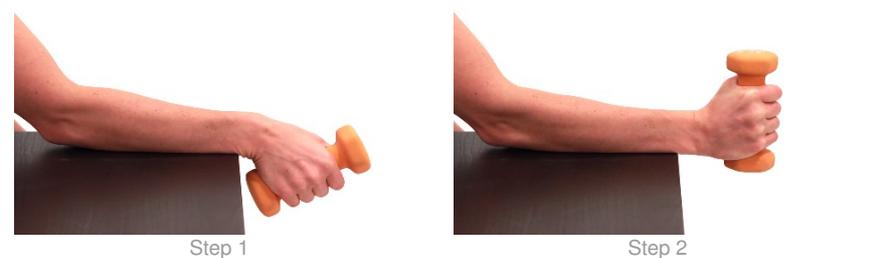
Movement

- Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

Tip

- Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.

Seated Wrist Radial Deviation with Dumbbell
 reps: 20 sets: 2 hold: 3 sec Weekly: 5x Daily: 1x



Setup

- Begin sitting upright with your arm resting on a table and your hand off the edge, holding a dumbbell with your palm facing inward.

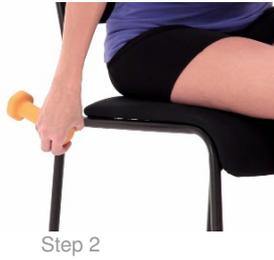
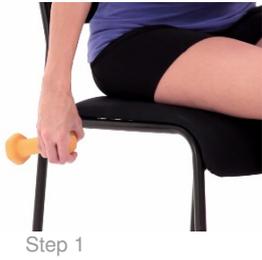
Movement

- Bend your wrist upward, then slowly lower your hand back down and repeat.

Tip

- Make sure to keep your palm facing inward, your shoulder relaxed, and your arm down on the table during the exercise.

Seated Wrist Ulnar Deviation with Dumbbell
 reps: 20 sets: 2 hold: 3 sec Weekly: 5x Daily: 1x



Clinician Notes:

This can be performed seated or standing

Setup

- Begin sitting upright with your arm at your side and your thumb facing forward, holding the end of a dumbbell with the other end pointing behind you.

Movement

- Slowly bend your wrist backward, then return to the starting position and repeat.

Tip

- Make sure to keep the rest of your arm relaxed and do not rotate your forearm during the exercise.

Forearm Pronation and Supination with Hammer
 reps: 20 sets: 1 hold: 3 sec Weekly: 5x Daily: 1x



Setup

- Begin sitting with your forearm resting on a table, holding a hammer.

Movement

- Slowly rotate your forearm back and forth.

Tip

- Make sure to keep your wrist straight throughout the movement.

Standing Wrist Extension Stretch
 reps: 4 sets: 1 hold: 20 sec Weekly: 5x Daily: 2x



Clinician Notes:

Ensure elbow is completely straight to maximize stretch!

Setup

- Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

- With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

- You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Seated Wrist Flexion with Overpressure
 reps: 4 sets: 1 hold: 20 sec Weekly: 5x Daily: 2x



Clinician Notes:

Ensure elbow is straight to maximize stretch!

Setup

- Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

- Slowly bend your wrist downward as far as is comfortable. With your other hand, gently push your hand further, and hold.

Tip

- Make sure not to rotate your forearm during the stretch.