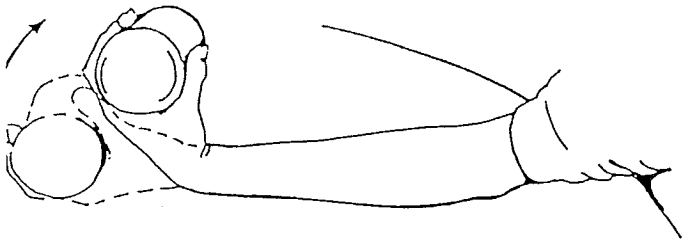


# Wrist Flexors & Extensors Strengthening

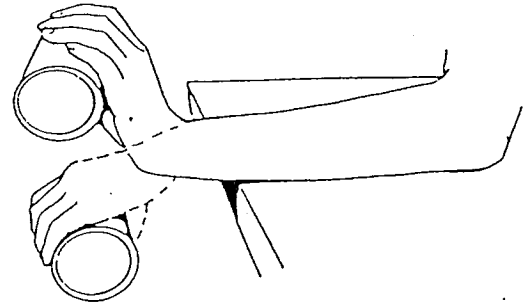
WRIST - 14  
Flexion (Resistive)



Arm up, holding 16 ounces, bend toward you at wrist. Hold 5 seconds. Relax slowly. Repeat 10 times. Do 3 sessions per day.

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WRIST - 7  
Extension (Resistive)

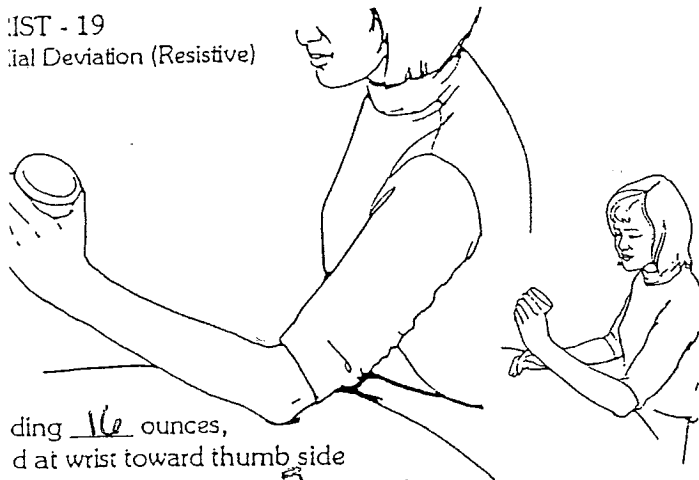


With wrist over edge of table, lift 16 ounces, keeping arm on table surface. Hold 5 seconds. Lower slowly. Repeat 10 times. Do 3 sessions per day.

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*Activity: Throw a frisbee.*

WRIST - 19  
Radial Deviation (Resistive)



Hold 16 ounces, bent at wrist toward thumb side inward motion. Hold 5 seconds. Repeat 10 times. Do 3 sessions per day.

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*Activity: Use this movement to pick up a cup.*

FOREARM - 12  
Pronation / Supination (Resistive)

Hold hammer weighing 16 ounces and rotate palm up / down. Keep elbow flexed at side and wrist straight.

Repeat 10 times. Do 3 sessions per day.

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