

Wrist Extensor Stretch

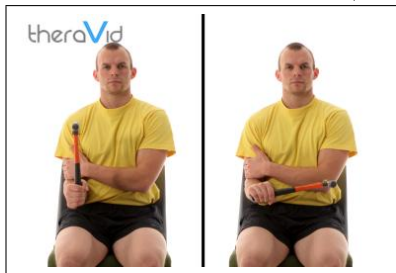


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Hold the arm to be stretched straight out in front of you with your palm facing toward the floor. Grasp your hand with the other hand, and slowly bend the wrist downward so that the fingers point toward the floor. Hold as directed. Repeat as directed.

Comments:

Pronation with Hammer (Supinator Strengthening)



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Hold a hammer on the side you wish to exercise. With your elbow bent to 90 degrees and your arm held tight to your side with your other hand, slowly rotate your forearm so that your palm is facing down. Return to the starting position. Repeat as Directed.

Comments:

Finger Flexion (Towel Crunches)

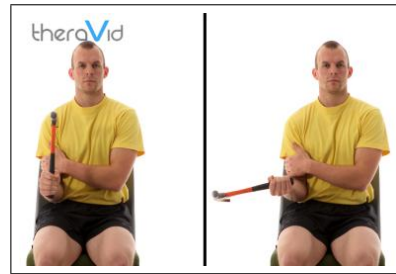


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Place a towel on a table, and place your hand palm down on the towel. Slowly grasp the towel and clench your fist as tightly as you can. Return to starting position. Repeat as directed.

Comments:

Supination with Hammer (Pronator Strengthening)



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Hold a hammer on the side you wish to exercise. With your elbow bent to 90 degrees and your arm held tight to your side with your other hand, slowly rotate your forearm so that your palm is facing up. Return to the starting position. Repeat as Directed.

Comments:

Resisted Wrist Extension



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated with the arm to be exercised resting on a table with the wrist and hand hanging off the edge of the table and your palm facing downward. Bend the wrist upward toward the ceiling, and slowly return to starting position. Repeat as directed.

Comments: