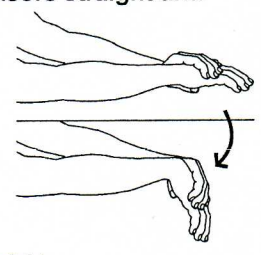


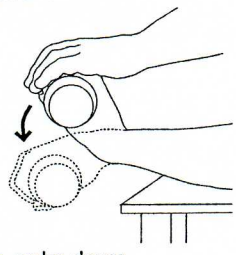
Stretch wrist extensors straight arm



- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions, twice a day.
 Hold exercise for 15 Seconds.

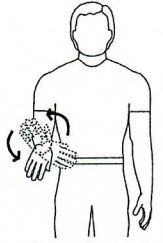
Resist wrist ext eccentrics w/wt



- Place forearm on table, palm down.
- Hold weight in hand.
- Use other hand to raise wrist fully upward.
- Release wrist and slowly lower weight.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.
 Use 3-5 Lbs.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

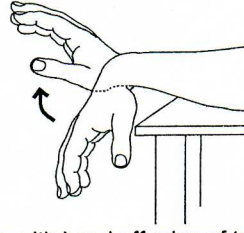
AROM wrist circles



- Stand, arm at side, elbow bent to ninety degrees, palm down.
- Move wrist in circular motion, through available range.

Perform 3 sets of 20 Repetitions, once a day.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM wrist flx/ext palm down



- Place forearm on table with hand off edge of table, palm down as shown.
- Move hand upward.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopedics

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
 Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.