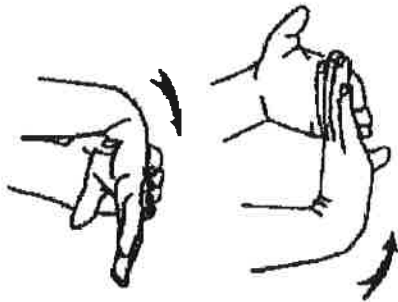


Wrist Protocol

Wrist Flexion and Extension

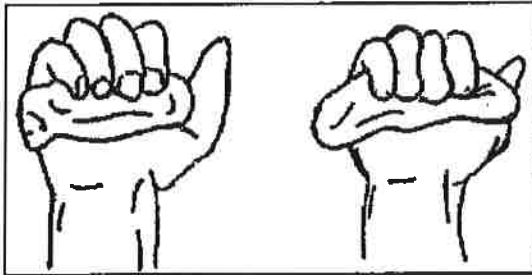
Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold 10 seconds and relax. Start out doing 3 sets of 10 exercises

Keeping elbow straight, grasp hand and slowly bend wrist backward until stretch is felt. Hold 10 seconds and relax. Start out doing 3 sets of 10 exercises



Towel Squeezes

With forearm resting on surface, gently squeeze towel. Hold 10 seconds and relax. Start out doing 3 sets of 10 exercises



Pronation and Supination of the forearm:

With your elbow bent 90 degrees, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees throughout this exercise. Start out doing 3 sets of 10 exercises

