







# Wrist & Forearm Exercises [ACTIVE]

Hold \_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ time(s) daily

	
1. Start with hand resting over edge of table, palm down and fingers relaxed.	2. With fingers in a light fist, rotate wrist upwards.
	
3. With fingers in a light fist, bend wrist forward.	4. Bend wrist back.
	
5. With elbow bent and tucked at side, turn palm down.	6. Rotate palm up.