

Wrist & Forearm Exercises [PASSIVE]

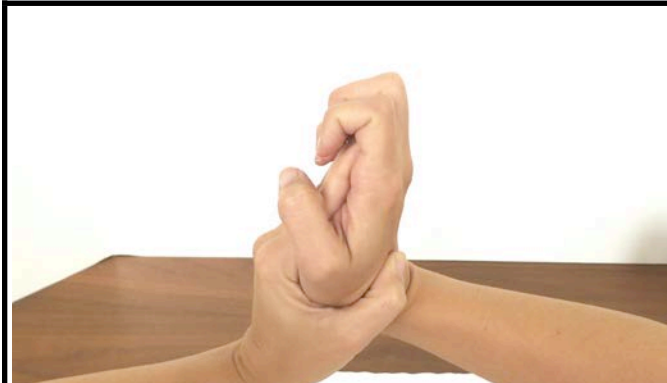
Hold ____ seconds, ____ repetitions, ____ time(s) daily



1. With fingers relaxed, use other hand to bend wrist forward.



2. Make a light fist and use other hand to bend wrist forward.



3. With relaxed fingers, use other hand to bend wrist backwards.



4. Stretch wrist and fingers by pressing palms together in prayer position.



5. Hold hand stable on table and bend wrist over the edge.



6. Raise elbow to bend wrist into extension.

Wrist and Forearm Exercises, cont'd

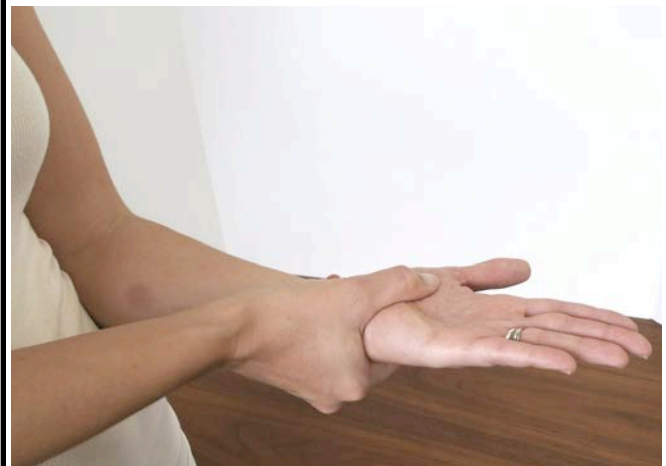
Hold _____ seconds, _____ repetitions, _____ time(s) daily



7. Stabilize hand on table, and move forearm away from body.



8. Move forearm towards body.



9. With arm bent at 90 degrees and tucked at side, use other hand to turn forearm up, so that palm is up.



10. Use hand to turn forearm so that palm is down.