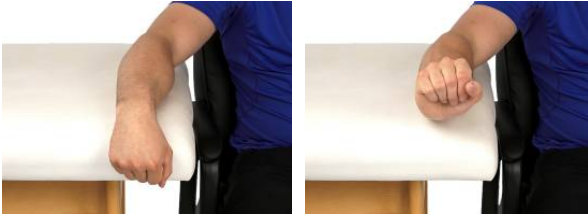


Notes :

1 Wrist flexion & extension



Begin with the forearm of your affected wrist on the table with your palm down and your wrist over the edge.

Lift your hand with your fingers forming a fist. Then continue back down to bend your wrist in the opposite direction.

1 set of 10 reps, 3 times daily

2 Wrist radial & ulnar deviation



Sit in a chair with your forearms resting on your lap or armrest. Or sitting at a table with your wrist off the edge of the table. Have your palm facing inward.

Lift your hands up and then lower them down.

1 set of 10 reps, 3 times daily

3 Ball squeezes



Hold a small and squishy ball in your hand and squeeze it as hard as you can.

Release the ball slowly.

1 set of 10 reps, hold each rep for 3 seconds, 1 time daily

4 Isometric wrist extension



Place the involved hand palm down on a table and hold it down with the other hand.

Keep your elbow on the table and try to raise your hand against the resistance of your top hand.

1 set of 5 reps, hold each rep for 10 seconds, daily

5 Isometric wrist flexion



Place the uninvolved hand over the palm of the involved hand and try to flex your wrist. Keep your elbow on the table and try to raise your hand against the resistance of your top hand.

1 set of 5 reps, hold each rep for 10 seconds, daily

6 Isometric radial deviation



Support the involved hand by placing the other hand along the index finger with your palm.

Try to bend your wrist toward your thumb against the free hand, not allowing it to move.

1 set of 5 reps, hold each rep for 10 seconds, daily

7 Isometric ulnar deviation



Support the involved hand by placing the other hand on top along the little finger side.

Try to bend your wrist toward the little finger, not allowing it to move.
1 set of 5 reps, hold each rep for 10 seconds, daily