



## WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown. Keep the elbow straight on the affected side the entire time. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

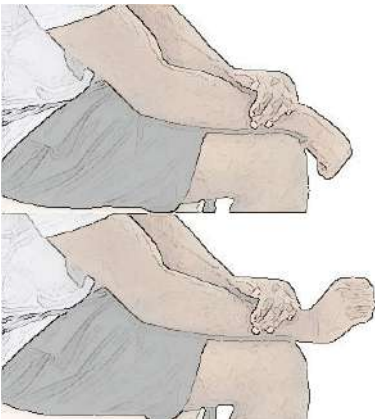


## WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown. Keep the elbow straight on the affected side the entire time. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds



## WRIST EXTENSION

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

### WRIST EXTENSION ISOMETRIC

Bend your wrist back and resist into your other hand. Repeat on opposite side.



Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

### PRAYER STRETCH - WRIST

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.



Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

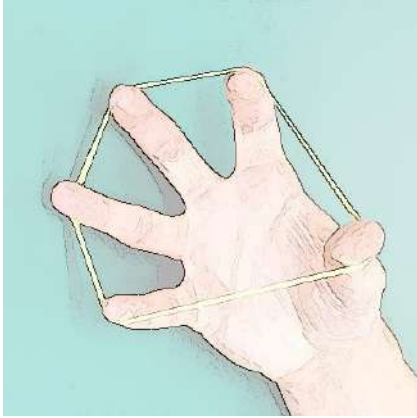
### WRIST EXTENSION STRETCH - TABLE

Place both hand flat and palms down on a table as shown and gently lean forward until a stretch is felt.



Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds



### RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers. Repeat on opposite side.

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set