



Wrist Exercises

1. Wrist Flexion and Extension (moving wrist forwards and backwards)

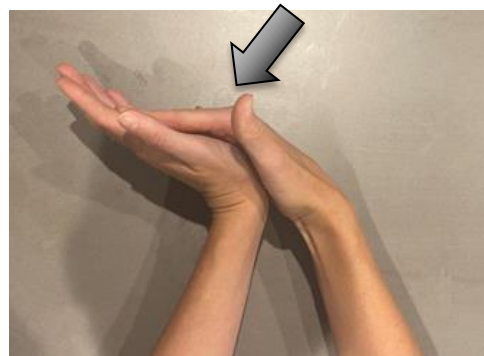


2. Wrist Ulnar and Radial Deviation (moving wrist side to side).



3. Passive wrist flexion. Use your other had to push the wrist into flexion (forwards). Push until you feel a stretch.

4. Passive wrist extension. Use your non injured hand to push the wrist into extension (backwards). Push until you feel a stretch and hold.



Repetitions ___ Times per day ___ Hold _____