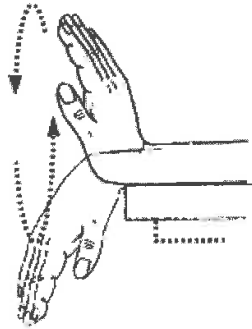


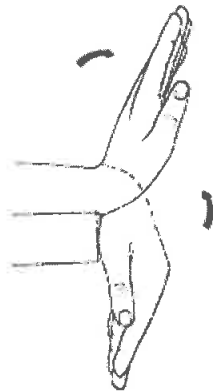
WRIST EXERCISES

REPEAT THESE EXERCISES ____ TIMES, ____ TIMES A DAY.



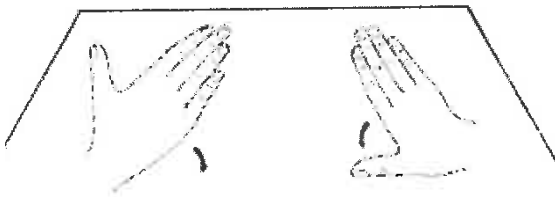
WRIST CIRCLES

- Rest your forearm firmly on tabletop and hang your wrist over the edge of the table.
- Move your wrist in circles to the right and to the left.



WRIST FLEXION/EXTENSION

- Rest your forearm firmly on a tabletop and hang your hand over the edge of the table.
- Bend your wrist up and down as far as possible.

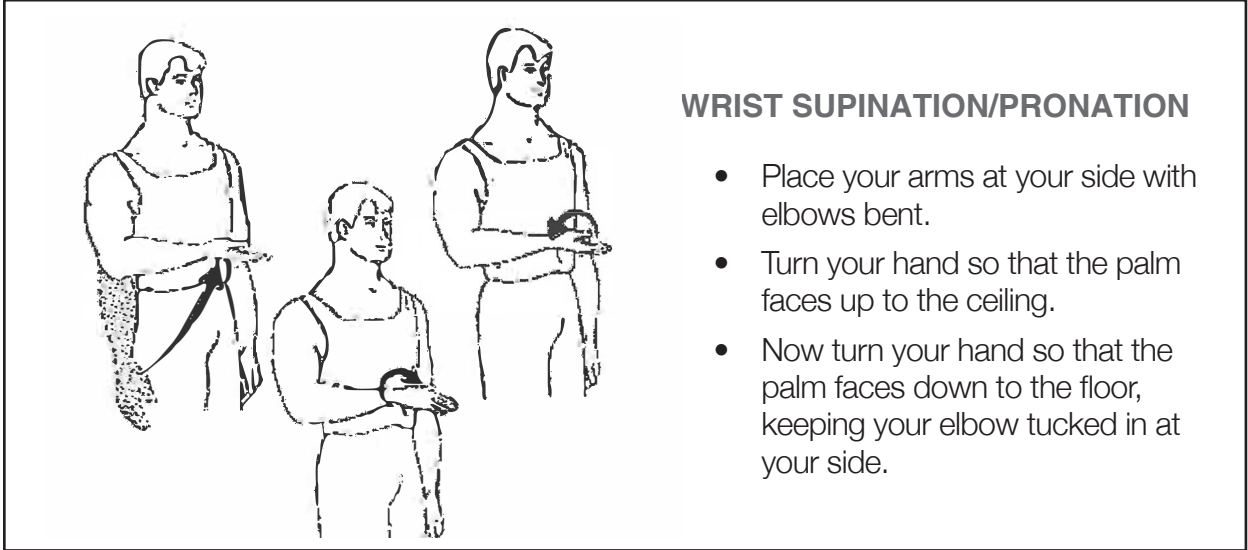


WRIST RADIAL/ULNAR DEVIATION

- Put your forearm with your hand, palm down, on the table.
- Move your hand toward the little finger side.
- Then move the hand toward the thumb side.
- Keep your forearm still.

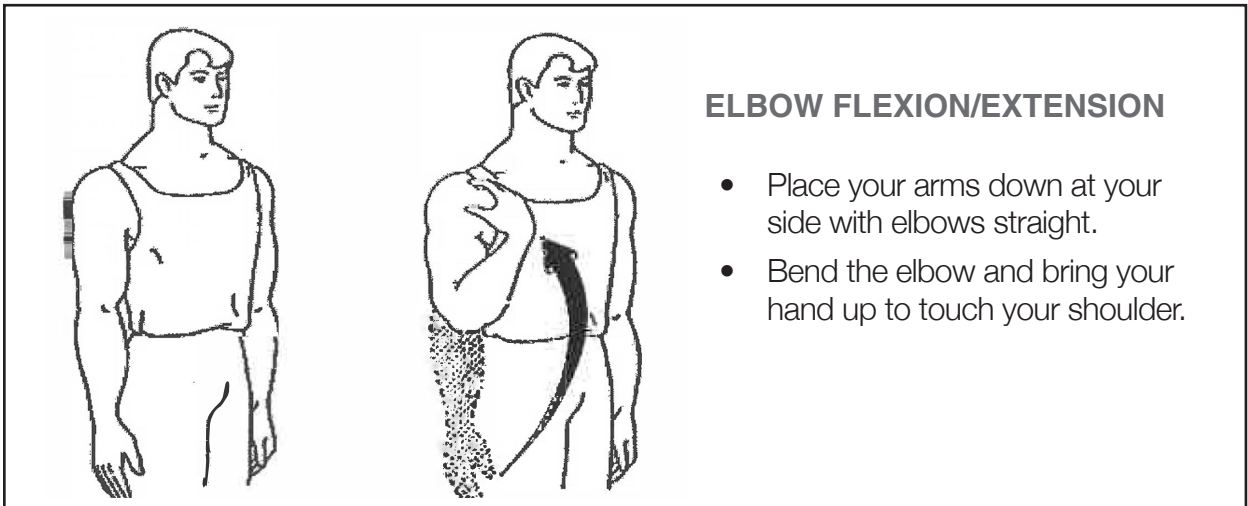


GLACIAL RIDGE
HEALTH SYSTEM
THERAPY SERVICES
heartfelt care®



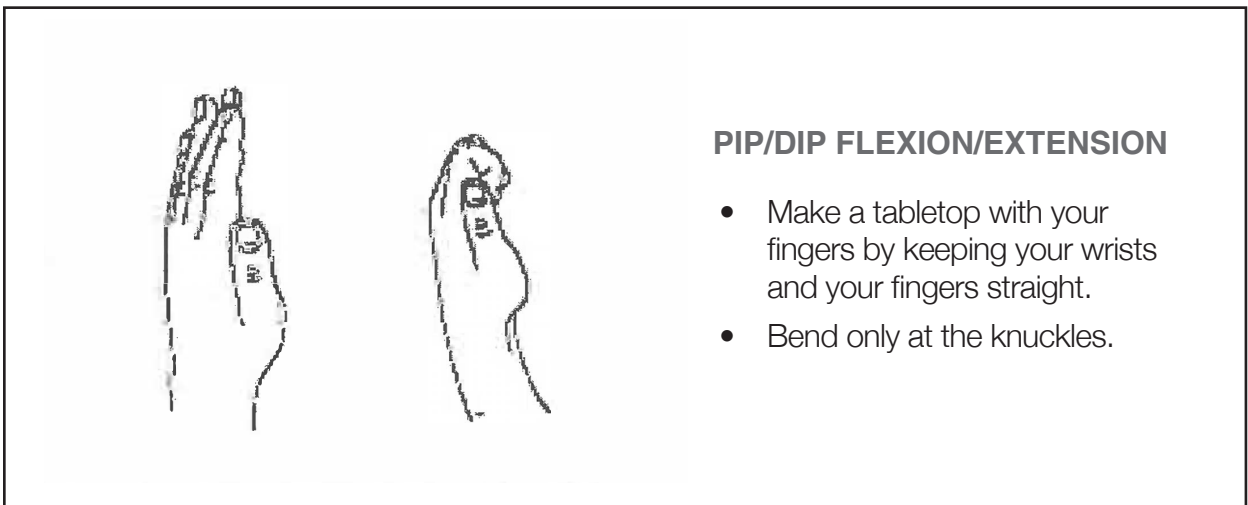
WRIST SUPINATION/PRONATION

- Place your arms at your side with elbows bent.
- Turn your hand so that the palm faces up to the ceiling.
- Now turn your hand so that the palm faces down to the floor, keeping your elbow tucked in at your side.



ELBOW FLEXION/EXTENSION

- Place your arms down at your side with elbows straight.
- Bend the elbow and bring your hand up to touch your shoulder.



PIP/DIP FLEXION/EXTENSION

- Make a tabletop with your fingers by keeping your wrists and your fingers straight.
- Bend only at the knuckles.



GLACIAL RIDGE
HEALTH SYSTEM
THERAPY SERVICES
heartfelt care®