



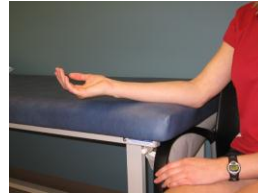
proaxistherapy

Wrist ROM/Stretching

(Hold for 30 seconds, 5-10 repetitions, 2 times/day)

1. Wrist Extension

- a. Rest forearm on table. While keeping elbow bent, turn hand over so palm is facing up. Use your other hand to pull wrist back toward your body.
- b. Rest forearm on table. While keeping elbow straight, turn hand over so palm is facing up. Use other hand to pull wrist back toward your body.



2. Wrist Flexion

- a. Rest forearm on table. While keeping elbow bent, turn hand over so palm is facing the ground. Use other hand to pull wrist back toward your body.
- b. Rest forearm on table. While keeping elbow straight, turn hand over so palm is facing the ground. Use other hand to pull wrist back toward your body.



3. Radial Deviation – Rest forearm on table. While keeping elbow bent, turn hand so thumb is facing the ceiling. Bend wrist up toward ceiling.



4. Ulnar Deviation – Rest forearm on table. While keeping elbow bent, turn hand so thumb is facing the ceiling. Bend wrist down toward the floor.

