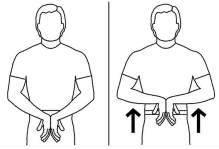


**Stretch wrist extensors bil (reverse prayer)**

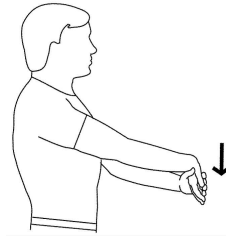


- Begin backs of hands together in front of body at hip level.
- Slowly bring arms upward.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch wrist flexors straight w/sup**

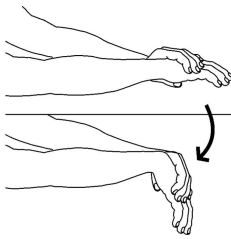


- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch wrist extensors straight arm**

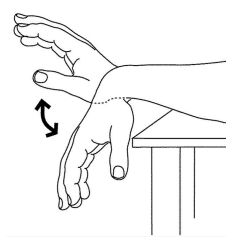


- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**AAROM wrist flx**



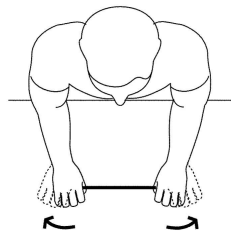
- Place forearm on table, hand off edge, palm down, as shown.
- Move hand upward.
- Return to starting position.

**Perform 5 sets of 1 Minute, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist wrist ulnar dev w/elastic**



- Hold elastic in hands as shown, palms down.
- Support forearms.
- Move hands outward.
- Return to start position and repeat.

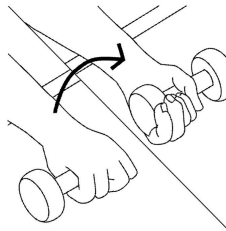
**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist wrist sup w/wt**



- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Rotate hand to thumb up.
- Return to start position.

**Perform 3 sets of 10 Repetitions, once every other day.**

Use 2-5 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Issued By:** ADVANCED SPINE & SPORTS CHIROPRACTIC

**Signature:** \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.