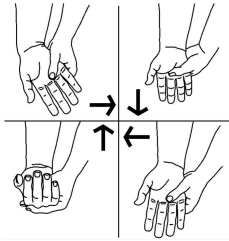


PROM wrist circum

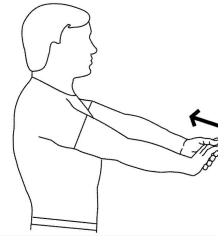


- Begin with involved arm at side, elbow bent, palm up.
- Using other hand, move wrist in circles, both clockwise and counter-clockwise.

Perform 3 sets of 30 Repetitions, three times a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Stretch wrist flexors straight arm pron

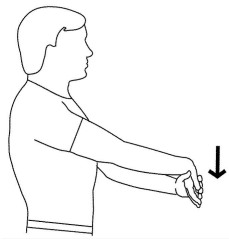


- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist flexors straight w/sup

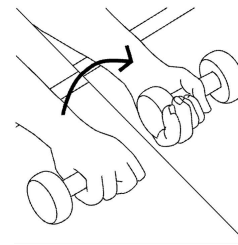


- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Resist wrist sup w/wt

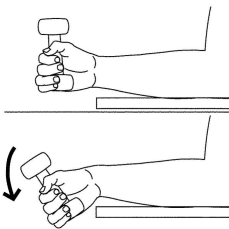


- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Rotate hand to thumb up.
- Return to start position.

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.

AAROM wrist ulnar dev w/wt

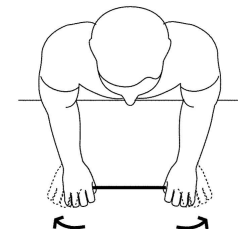


- Support forearm on table or knee.
- Hold weight in hand as shown, thumb upward.
- Allow hand to bend downward.
- Return to starting position and repeat.

Perform 5 sets of 1 Minute, once a day.

Use 2-5 Lbs.
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.

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.