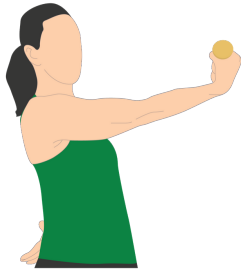


WRIST & ELBOW

Resisted Wrist Flexion



3 sets of 15 repetitions

Resisted Wrist Extension



1 set of 5 repetitions

Resisted Supination & Pronation



3 sets of 15 repetitions

Wrist Flexor Stretch



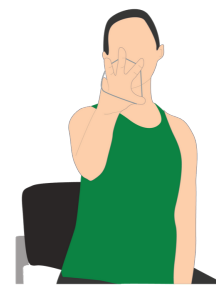
1 set of 5 repetitions

Wrist Extensor Stretch



1 set of 5 repetitions

Finger Extension & Thumb Abduction



3 sets of 10 repetitions

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/WRIST