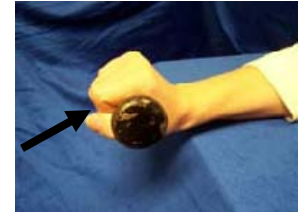
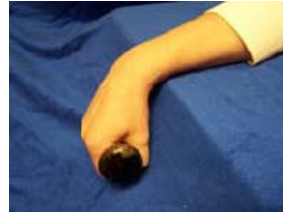




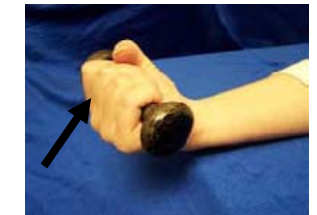
## Wrist and Forearm Strengthening

Do these \_\_\_\_\_times per day

1. **Wrist Extension**-Start with hand over the edge of a table or propped up on a pillow. Palm of hand should be face down. Hold onto a \_\_\_\_\_pound weight. Lift hand up bending at the wrist\_\_\_\_\_times. Make sure forearm does not lift up off the surface it is on.



2. **Wrist Flexion**-Start with hand over the edge of a table or propped up on a pillow. Palm of hand should be face up. Hold on to a \_\_\_\_\_ weight. Lift hand up bending at the wrist \_\_\_\_\_times. Make sure forearm does not lift up off the surface it is on.



3. **Forearm**-Start with elbow by your side. Hold onto a light weight hammer. Hammer should be pointing towards the ceiling to start. Slowly turn the forearm so hammer tilts back to the outside (palm of hand would be pointing up). Then bring hammer up to starting position and slowly drop hammer towards your other side (palm of hand would be pointing down). Repeat this \_\_\_\_\_times.



Upgrading your program-Continue with the exercises for 1 week. If no increased pain is noted then increase your repetitions by 5. Continue in this manner until you reach 30 repetitions.

Once you tolerate 30 repetitions for 1 week then increase your weight by 1# but drop back on your repetitions and start over again at 15 repetitions. Continue in this way as you increase your weight.

Call if questions: \_\_\_\_\_ Date: \_\_\_\_\_