



Wrist Deviation Exercise

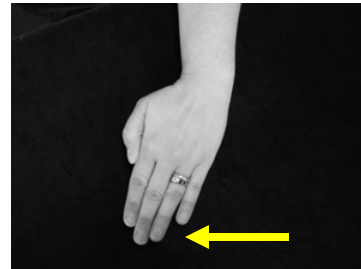
Do these _____ times per day.

Hold just beyond the first point of pain. Do not go to the most pain you can stand.

1. **Active Radial Deviation**-start with hand flat on the table. Slowly bend your hand toward the thumb side.

Hold _____ seconds

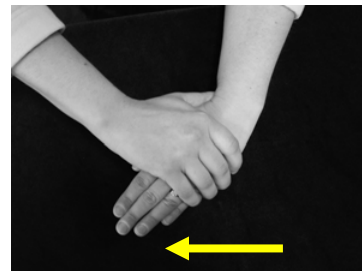
Repeat _____ times



2. **Passive Radial Deviation**-start with hand flat on the table. Hold onto your affected hand with your opposite hand. Slowly pull it towards the thumb side of your hand.

Hold _____ seconds

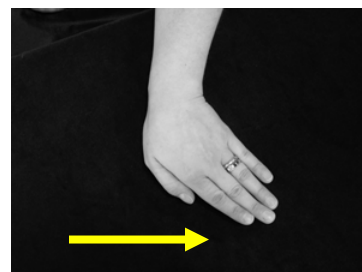
Repeat _____ times



3. **Active ulna deviation**-start with hand flat on the table. Slowly bend your hand toward your little finger.

Hold _____ seconds

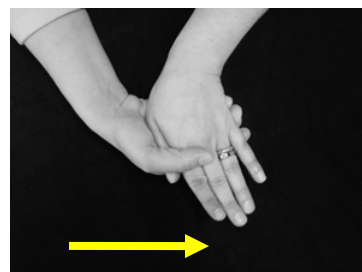
Repeat _____ times



4. **Passive ulna deviation**-start with hand flat on the Table. Hold onto your affected hand with your opposite Hand. Slowly push your hand toward your little finger.

Hold _____ seconds

Repeat _____ times



Call if questions: _____ Date: _____