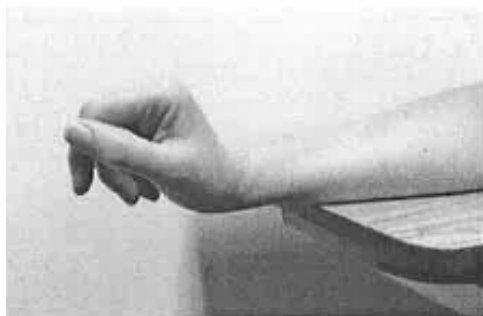


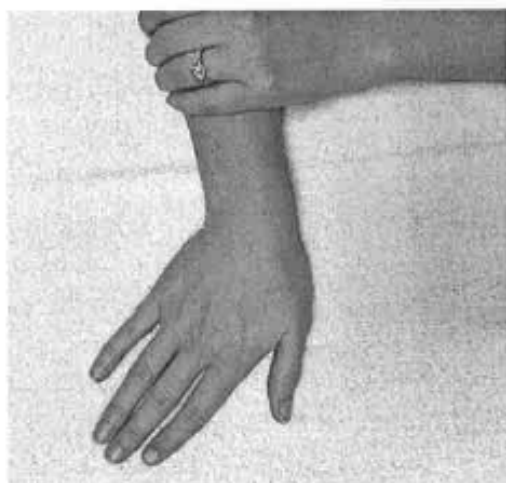
Active Wrist Flexion/Extension with light fist



Place forearm on table (or armrest) with wrist relaxed over edge of table (or armrest). Hand palm down. Hold a light fist, slowly and gently move fist up and down (relaxing fingers as wrist comes down). STOP if there is any pain.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

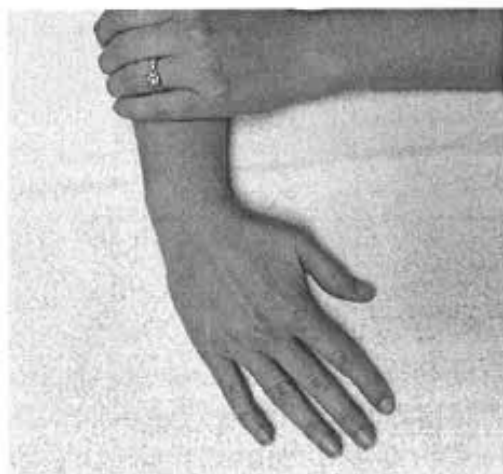
Wrist Ulnar Deviation



Place forearm on table with top surface of hand facing up and fingers straight. Keep forearm still and slide hand towards the small finger side. Bring hand back to starting position.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.

Wrist Radial Deviation



Place forearm on table with top surface of hand facing up and fingers straight. Keep forearm still and slide hand towards the thumb side. Bring hand back to starting position.

Hold ___ seconds.
Repeat ___ time(s).
Do ___ session(s) per day.