

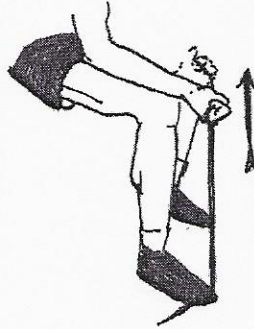
WRIST

Elastic Tubing Resistive Kinetic Activities

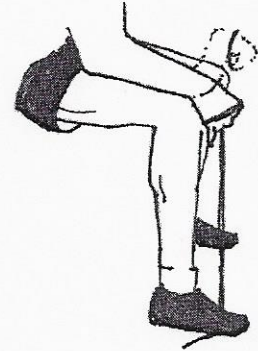
Name _____

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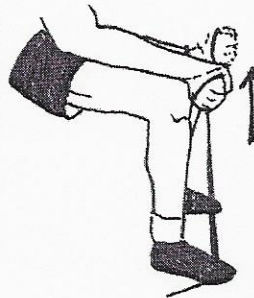
Flexion: With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower hand slowly keeping forearm on thigh. Repeat.



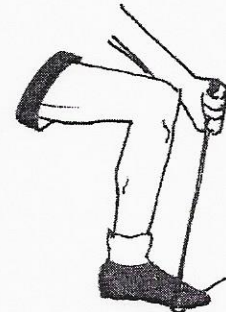
Extension: With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower hand slowly, keeping forearm on thigh. Repeat.



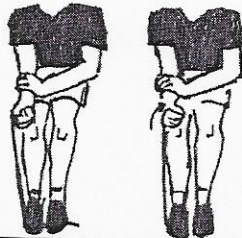
Radial Deviation: With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side up) as far as possible. Lower hand slowly, keeping forearm on thigh. Repeat.



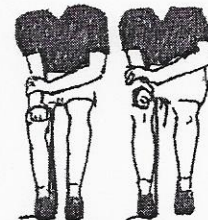
Ulnar Deviation: With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side down) as far as possible. Lower hand slowly, keeping forearm braced on knee. Repeat.



Resisted Forearm Pronation: Place tubing over hand and secure opposite end under foot. With palm up, stabilize forearm on thigh with opposite hand. Keep tubing to the outside of hand and roll palm down as far as possible. Repeat.



Resisted Forearm Supination: Place tubing over hand and secure opposite end under foot. With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to the inside of hand and roll palm up as far as possible. Repeat.



EXERCISE GUIDELINES:

Periodically check the tubing for stress and the knot for slipping. Do only those exercises taught you by your therapist. Exercise twice daily, 10 of each. **Stop immediately if you experience pain.**