

WRIST AND FOREARM STRENGTHENING EXERCISES

WRIST ACTIVE EXERCISES



Squeezing putty or sponge



Weight bearing on ball



Lift little finger up straight



Resist sideways movement of little finger

WRIST STABILITY EXERCISES



lead with fingers in fist



lead with outside of hand, keeping wrist neutral

Stretch theraband, keeping wrist stiff. Move in a variety of directions.

FOREARM STRENGTHENING



Slowly turn palm up against resistance of theraband



Wrist extension stretch: support forearm and hold weight to stretch wrist back



Slowly lower 1/2 filled water bottle while staying in dart-throwing plane of motion



Find midpoint of broom, in terms of weight. Slowly rotate broom over from one direction to other



Balance slosh pipe