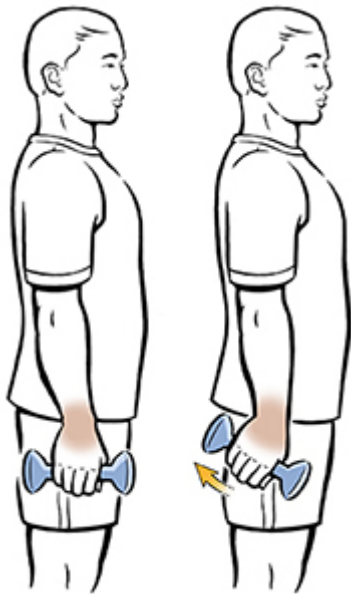


Ulnar Deviation (Strength)



This exercise is written for your right wrist. Switch sides for your left wrist.

1. Stand up straight. Hold a hand weight in your right hand. Your healthcare provider will tell you what size hand weight to use.
2. Keep your arm straight down at your side. Bend your wrist backward to lift the weight. Don't move your arm, only your wrist.
3. Hold for 5 seconds. Slowly lower your hand back down.
4. Repeat 5 to 10 times.



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