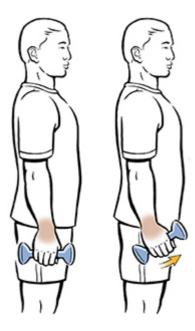
Radial Deviation (Strength)



This exercise is 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 forward to lift the weight. Don't move your arm, only your wrist.
- 3. Hold for 5 seconds, or as instructed. Slowly lower your hand back down.
- 4. Repeat 5 to 10 times, or as instructed.



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