

STEP 1



STEP 2



STEP 3



Wrist Flexion with Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin sitting in a chair with your elbows resting on your knees, and a resistance band looped around your hand and anchored under your foot.

Movement

- Bend your wrist up against the resistance, then lower it back down and repeat.

STEP 1



STEP 2



STEP 3



Wrist Extension with Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin sitting upright in a chair with your arm resting on a table and your hand off the edge, holding one end of a resistance band that is anchored under your feet.

Movement

- Slowly bend your wrist backward against the resistance, then lower it back down and repeat.

STEP 1



STEP 2



Seated Wrist Radial Deviation with Anchored Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin sitting upright in a chair with your hand hanging off the edge of a table, palm facing inward, holding one end of a resistance band anchored around your feet.

Movement

- Bend your wrist upward against the resistance, then lower it back down and repeat.

STEP 1



STEP 2



Wrist Ulnar Deviation with Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin in a sitting upright position holding one end of a resistance band that is looped around the bottom of your foot on the same side, with your palm facing inward.

Movement

- Slowly bend your wrist backward against the resistance, then return to the starting position.

STEP 1



STEP 2



Forearm Supination with Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin sitting with your forearm resting on your thigh, holding one end of a resistance band that is anchored under your foot. Your palm should be facing up with the band running between your thumb and index finger.

Movement

- Slowly rotate your wrist so your palm faces downward, then rotate it back to the starting position and repeat.

STEP 1



STEP 2



Forearm Pronation with Resistance

REPS: 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x**Setup**

- Begin sitting with your forearm resting on your thigh, holding one end of a resistance band that is anchored under your foot. Your palm should be facing down, with the band running between your thumb and index finger.

Movement

- Slowly rotate your wrist so your palm faces upward, then rotate it back to the starting position and repeat.