



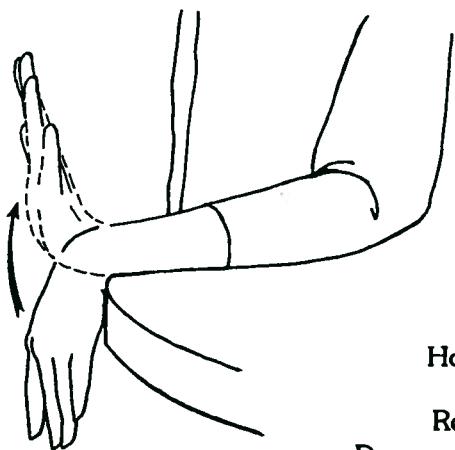
Wellness

PROGRAM

SERVING FACULTY AND STAFF
DIVISION OF STUDENT AFFAIRS

WRIST - 5

Extension (Active with Finger Extension)



With forearm
on table and
wrist over edge,
lift hand with
fingers straight.

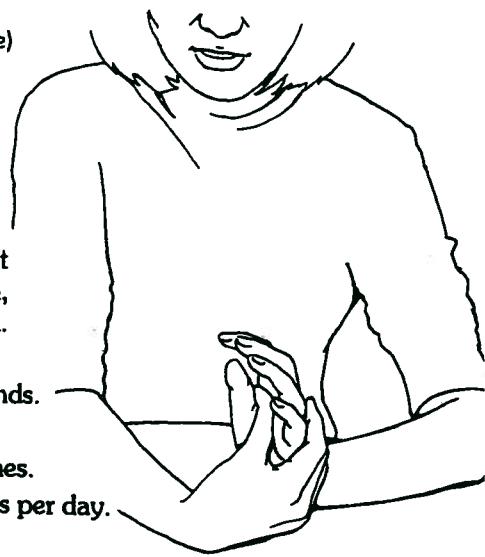
Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.

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WRIST - 1

Extension (Passive)



Lift hand at wrist
as far as you can,
using other hand.

Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.

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WRIST - 12

Flexion (Active with Finger Extension)

Let wrist dangle over edge of table,

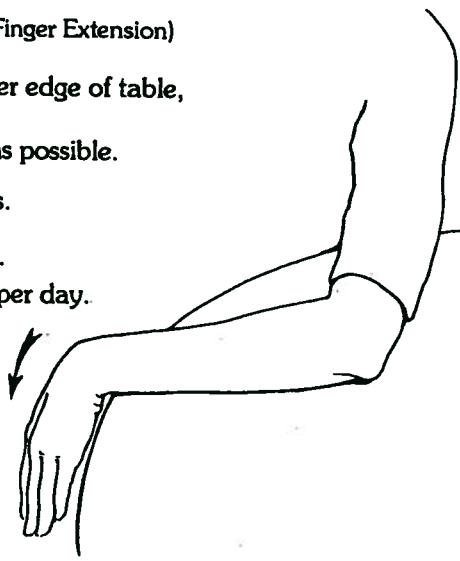
palm down.

Bend as far down as possible.

Hold ____ seconds.

Repeat ____ times.

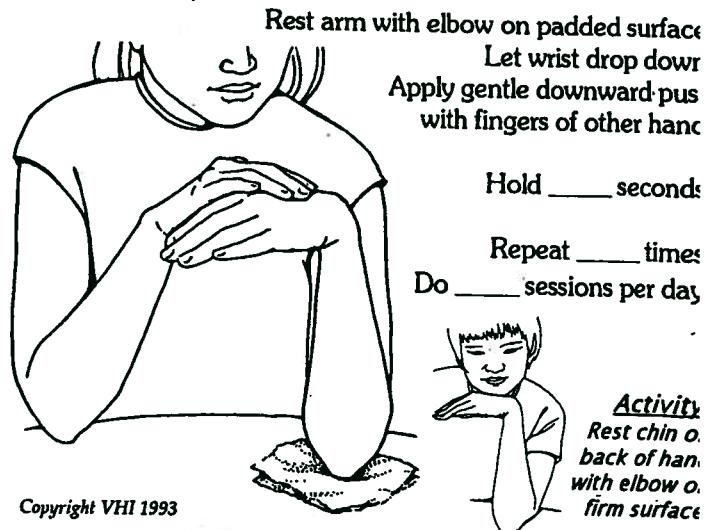
Do ____ sessions per day.



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WRIST - 9

Flexion (Passive)



Rest arm with elbow on padded surface
Let wrist drop down
Apply gentle downward pressure
with fingers of other hand

Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day

Activity:
Rest chin on
back of hand
with elbow on
firm surface

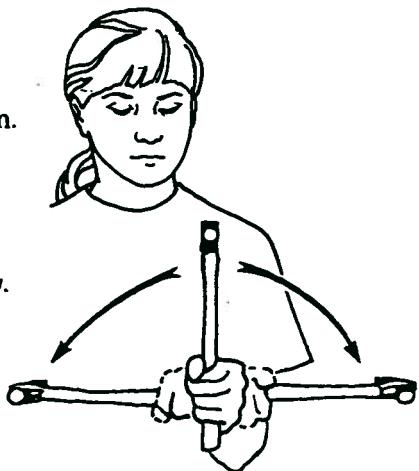
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FOREARM - 12

Pronation / Supination (Resistive)

Hold hammer

weighing ____ ounces
and rotate palm up / down.
Keep elbow flexed at side
and wrist straight..



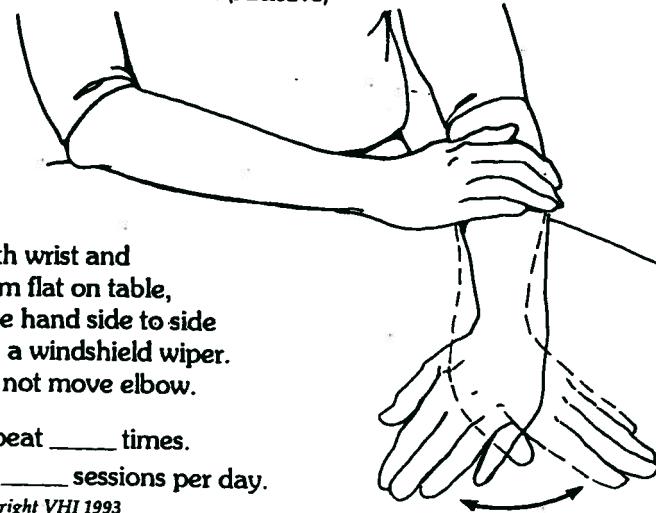
Repeat ____ times.

Do ____ sessions per day.

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WRIST - 16

Radial / Ulnar Deviation (Assistive)



With wrist and
palm flat on table,
slide hand side to side
like a windshield wiper.
Do not move elbow.

Repeat ____ times.

Do ____ sessions per day.

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HAND - 13

Wrist Flexor Stretch

Keeping elbow straight,
grasp involved hand and
slowly bend wrist until a
stretch is felt.



Hold ____ seconds. Relax.

Repeat ____ times.

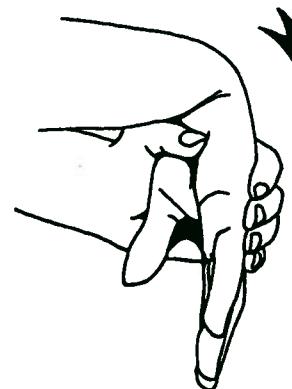
Do ____ sessions per day.

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HAND - 14

Wrist Extensor Stretch

Keeping elbow straight,
grasp involved hand and
slowly bend wrist down
until a stretch is felt.



Hold ____ seconds. Relax.

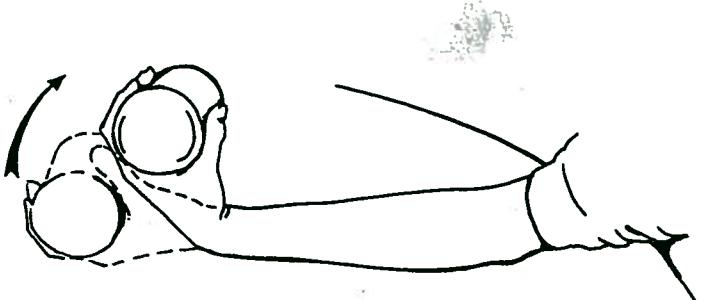
Repeat ____ times.

Do ____ sessions per day.

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WRIST - 14

Flexion (Resistive)



Palm up, holding ____ ounces, bend toward you at wrist.

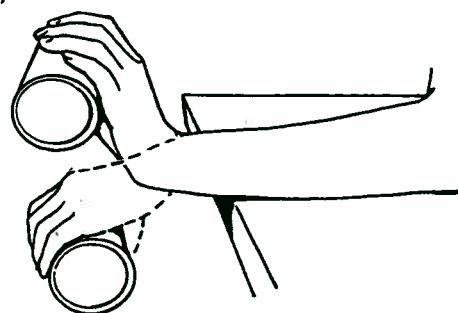
Hold ____ seconds. Relax slowly.

Repeat ____ times. Do ____ sessions per day.

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WRIST - 7

Extension (Resistive)



With wrist over edge of table, lift ____ ounces, keeping arm
on table surface. Hold ____ seconds. Lower slowly.

Repeat ____ times. Do ____ sessions per day.

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Activity: Throw a frisbee