



## WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 4 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



## TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day



## Eccentric Wrist Extension

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Rest your forearm on a table or your knee. Make sure that you are only moving your wrist for this exercise.

Lift the weight up as far as possible using your UNINVOLVED hand. Let go so that your involved hand takes over the work. Slowly lower the weight back down. Repeat.

Repeat 10 Times  
Complete 2 Sets  
Perform 2 Time(s) a Day