

# Wrist ABC Acute Exercises

These movements need to be passive. Use your opposite hand to move your affected wrist. Do not use the affected wrist to move through these exercises.



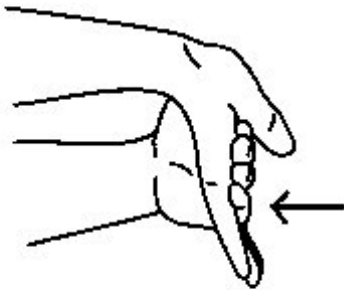
**wrist curl**



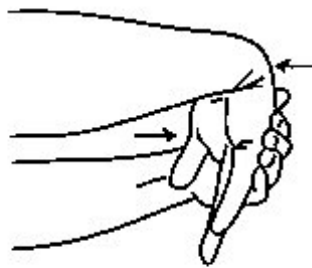
**tilt back**



**"hammer"**



**wrist stretch**



**resistance press**



**fist rotations**

*Do Not Cause Pain.*

**HOLD: 5 10 REPS: 5 10 SETS: 1 2 3**

**Ice After Exercises, and 20 Mins Every Hour**

Name \_\_\_\_\_ Date \_\_\_\_\_ Dr. \_\_\_\_\_