

Wrist Sub-Acute Exercises

These movements need to be active. Use your affected wrist. Do not use the non-affected wrist to move through these exercises; except for the wrist stretch and resisted press below.



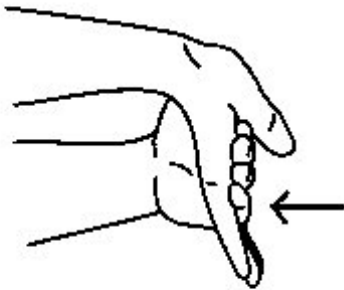
wrist curl



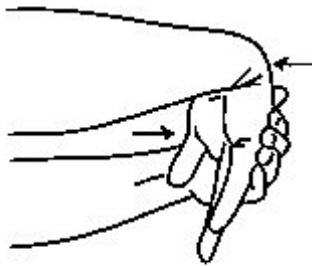
tilt back



"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. _____