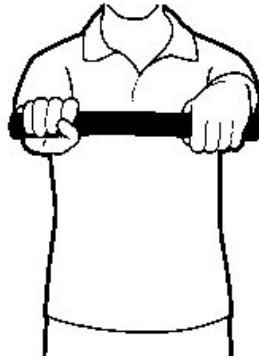
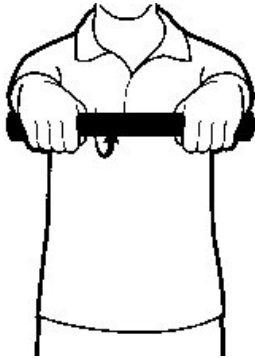
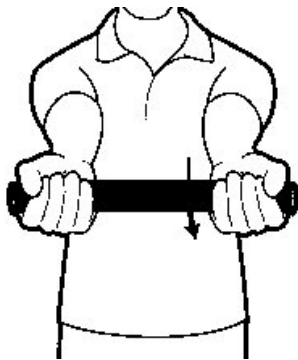


# Wrist Therabar Strength Exercises



Grabbing the Therabar with both hands on top, twist in opposite directions. Release and twist the other way.



Grabbing the Therabar with both hands underneath, twist in opposite directions. Release and twist the other way.



Stabilizing the Therabar with the unaffected hand on the bottom, grab the top with the affected hand and rotate the bar without moving the stabilizing hand.

*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. \_\_\_\_\_