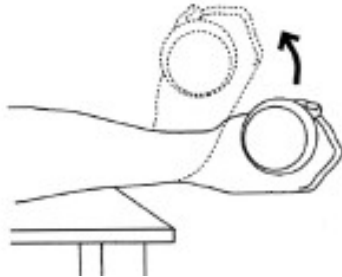
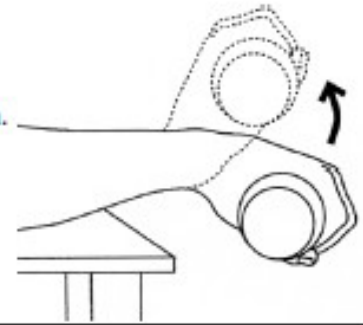


**Wrist extension with weights**

- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Return to starting position.

Perform 3 sets of 10 repetitions, once a day.

Use 2 lbs. Rest 5 seconds between sets.

**Wrist flexion with weights**

- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm up as shown.
- Move wrist upward.
- Return to starting position.

Perform 3 sets of 10 repetitions, once a day.

Use 2 lbs. Rest 5 seconds between sets.

**Wrist flexion with dowel**

- Attach approximately 6 ounces of weight (washers work well) to strong twine. Attach the twine to a dowel, broom handle or other similar object.
- Using both hands, palm up, wind up the rope, then unwind.

Perform 1 set of 3 repetitions, once a day.

Perform 1 repetition every 6 seconds.

Rest 5 seconds between sets.

**Wrist extension with dowel**

- Using both hands, palm down, wind up the rope, then unwind.

Perform 1 set of 3 repetitions, once a day.

Perform 1 repetition every 6 seconds.

Rest 5 seconds between sets.