



## 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 3 Times  
Hold 20 Seconds  
Perform 1 Time(s) a Day



## WRIST EXTENSION ISOMETRIC

Bend your wrist back and resist into your other hand.

Repeat 8 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



## WRIST EXTENSION CURLS - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Repeat 8 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

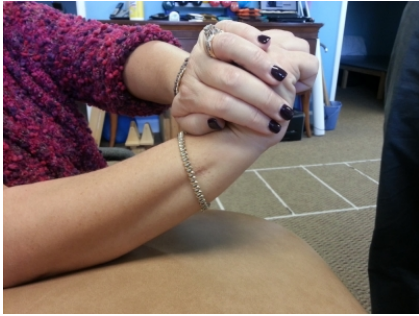


## RESISTANCE BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face down.

Repeat 8 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



## Eccentric Wrist Extension

With the forearm supported, extend the wrist of the affected elbow. Place your good hand on top of the other. Push your wrist down with the good hand as you resist the movement with the affected wrist. Do not resist as you bring the wrist back up.

Repeat 8 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day