



## Wrist stability and strengthening



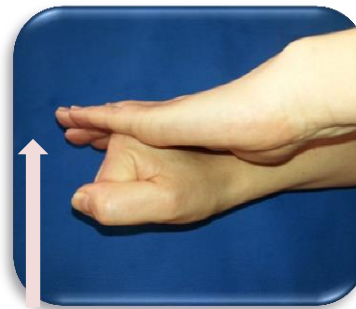
**Isometric pronation**  
Place two fingers on your wrist, rotate your wrist inwards, resisting against your fingers.



**Grip strengthening**  
Using a rubber ball or other object that you can grasp in your hand, squeeze as tight as you can with your fingers and hold for 5 seconds.



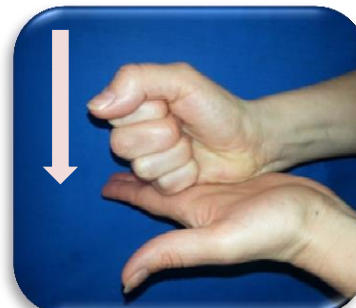
**Isometric flexion**  
Push wrist upwards against resistance without changing the angle of your wrist.



**Isometric extension**  
Push wrist upwards against resistance without changing the angle of your wrist.



**Isometric Abduction**  
Push wrist upwards against resistance without changing the angle of your wrist.



**Isometric Adduction**  
Push wrist downwards against resistance without changing the angle of your wrist.



**Concentric flexion**  
Hold a weight with the palm facing up, bend your wrist upward. Slowly lower the weight and return to the starting position.



**Concentric extension**  
Hold a weight with your palm facing down slowly bring the wrist and hand up. Slowly lower the weight down again to the starting position.

Exercises should be carried out \_\_\_ times, \_\_\_ time/s a day



For the following exercises ensure that the movement comes from your *wrist* and not your elbow.



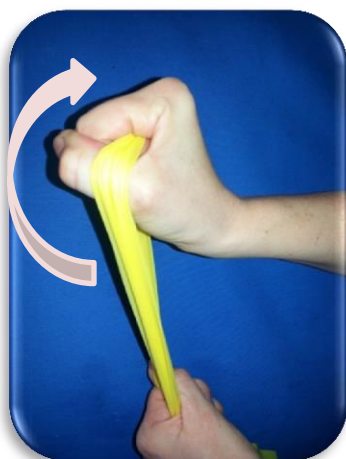
**Concentric wrist pronation:**

Wrap the theraband around your hand and twist against resistance **inwards**



**Concentric wrist supination:**

Wrap the theraband around your hand and twist against resistance **outwards**



**Concentric wrist Extension:**

Grab the theraband and pull wrist upwards against the band.



**Concentric wrist Flexion:**

Grab the theraband and pull wrist downwards against the band.



**Concentric wrist Abduction:**

Grab the theraband and pull your wrist upwards against the band.



**Concentric wrist Adduction:**

Grab theraband and pull your wrist downwards against the band.

Exercises should be carried out \_\_\_ times, \_\_\_ time/s a day

