



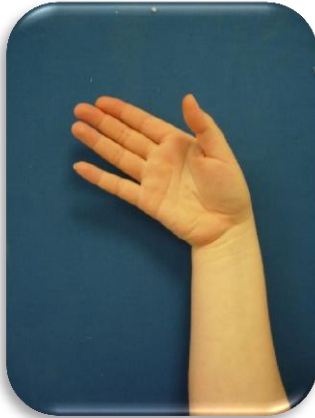
## Active wrist exercises



**Flexion**  
Bend your wrist  
forwards



**Extension**  
Bend your wrist  
backwards



**Ulnar deviation**  
Put your hand on a  
flat surface.  
Bend your wrist in  
the direction of  
your little finger.



**Radial deviation**  
Put your hand on a  
flat surface.  
Bend your wrist in  
the direction of  
your thumb.

Plant your elbow into the side of your body at 90°, ensure movement comes from your wrist and not your elbow, then twist your elbow so that the palm faces up and down.



**Neutral**



**Supination**



**Pronation**

**Exercises should be carried out \_\_\_ times, \_\_\_ times a day**

