

 **Passive wrist exercises**



Passive flexion
With your hand bent forward stretching into a bent position, apply pressure with your other hand to push it farther.
Hold this position for ___ seconds



Passive flexion
Standing with the back of your hand on the table, your fingers and palm facing up, and your elbow straight, lean away from the table.
Hold this position for ___ seconds



Passive extension
With your palm up, apply pressure on your fingers with your other hand to bend your hand and fingers backward
Hold this position for ___ seconds



Passive extension
Standing at a table with your palms down, your fingers flat, and your elbow straight, lean your body weight forward
Hold this position for ___ seconds



Passive supination
Ensuring that your elbow is tucked into your side, twist your wrist around so that your palm faces towards the ceiling.
Hold this position for ___ seconds



Passive pronation
Ensuring that your elbow is tucked into your side, twist your wrist around so that your palm faces towards the floor.
Hold this position for ___ seconds



Passive abduction
Place your hand in front of you on a table facing inwards. Hold your hand still with your other hand on top, move your elbow towards your body.
Hold this position for ___ seconds



Passive adduction
Place your hand in front of you on a table facing forwards. Hold your hand still with your other hand on top, move your elbow away from your body.
Hold this position for ___ seconds

Exercises should be carried out ___ times, ___ times a day

