

#### **AWAJON 022015**

ACCESS AT HANDTHERAPY.COM.AU WITH LOGIN CODE wfe

### WRIST AND FOREARM STRENGTHENING EXERCISES

### WRIST ACTIVE EXERCISES



Squeezing putty or sponge



Weight bearing on ball



Lift little finger up straight



Resist sideways movement of little finger

## WRIST STABILITY EXERCISES



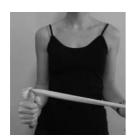
lead with fingers in fist



lead with outside of hand, keeping wrist neutral

Stretch theraband, keeping wrist stiff. Move in a variety of directions.

# FOREARM STRENGTHENING



Slowly turn palm up against resistance of theraband



Wrist extension stretch: support forearm and hold weight to stretch wrist back



Slowly lower ½ filled water bottle while staying in dartthrowing plane of motion





Balance slosh pipe

Suite 403, Macquarie University Clinic 2 Technology Place Macquarie University NSW 2109 e.macquarie@handtherapy.com.au

## PACIFIC HAND THERAPY

Level 1, Peninsula Orthopaedics 812 Pittwater Rd Dee Why NSW 2099 t. 9984 9040 f.9981 2104 e. pacific@handtherapy.com.au