

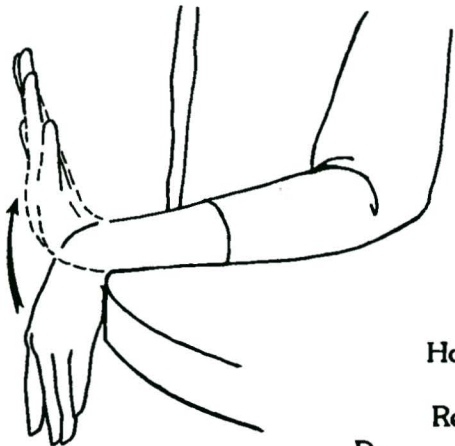


# Wellness

## PROGRAM

SERVING FACULTY AND STAFF  
DIVISION OF STUDENT AFFAIRS

### WRIST - 5 Extension (Active with Finger Extension)



With forearm on table and wrist over edge, lift hand with fingers straight.

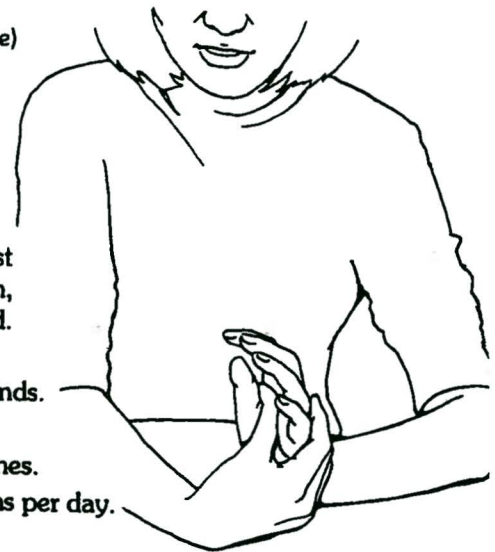
Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

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### WRIST - 1 Extension (Passive)



Lift hand at wrist as far as you can, using other hand.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

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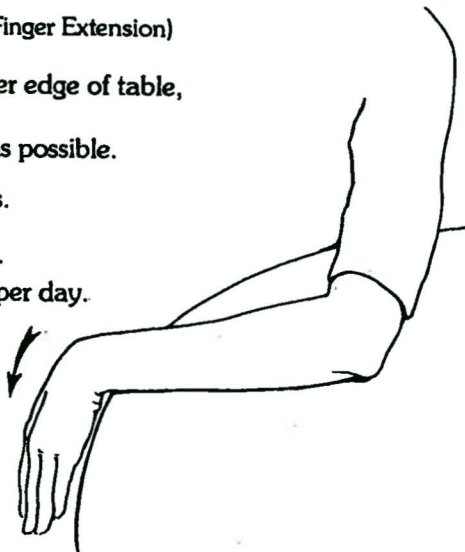
### WRIST - 12 Flexion (Active with Finger Extension)

Let wrist dangle over edge of table, palm down. Bend as far down as possible.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



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### WRIST - 9 Flexion (Passive)



Rest arm with elbow on padded surface. Let wrist drop down. Apply gentle downward push with fingers of other hand.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



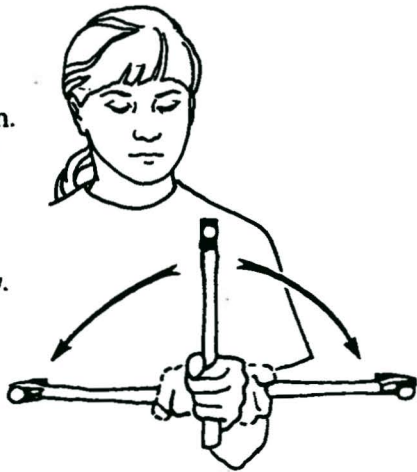
**Activity:**  
Rest chin on back of hand with elbow on firm surface.

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**FOREARM - 12**  
Pronation / Supination (Resistive)

Hold hammer weighing \_\_\_\_\_ ounces and rotate palm up / down. Keep elbow flexed at side and wrist straight..

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



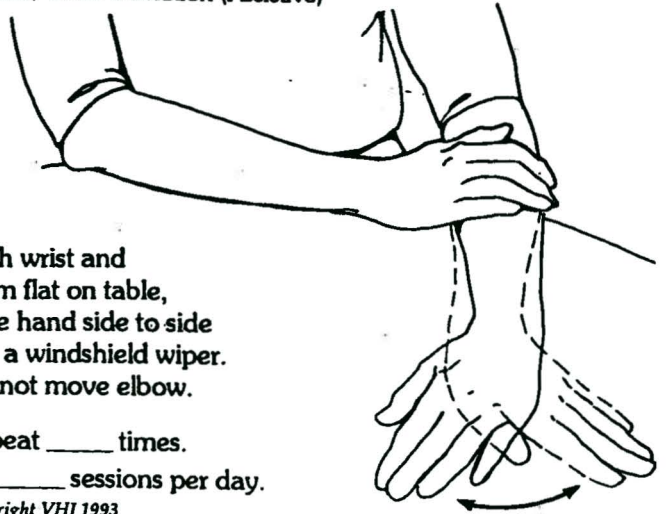
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**WRIST - 16**  
Radial / Ulnar Deviation (Assistive)

With wrist and palm flat on table, slide hand side to side like a windshield wiper. Do not move elbow.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

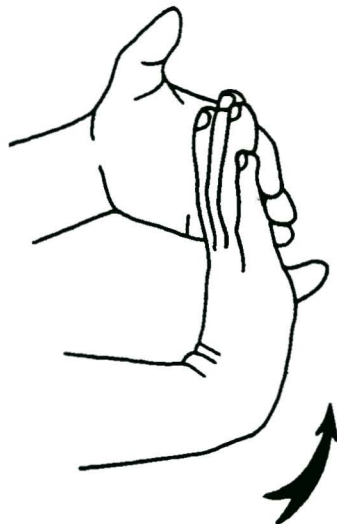
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**HAND - 13**  
Wrist Flexor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.

Hold \_\_\_\_\_ seconds. Relax.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



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**HAND - 14**  
Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.

Hold \_\_\_\_\_ seconds. Relax.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

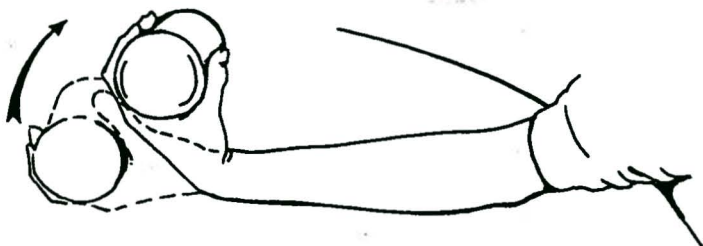


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**WRIST - 14**  
Flexion (Resistive)

Palm up, holding \_\_\_\_\_ ounces, bend toward you at wrist. Hold \_\_\_\_\_ seconds. Relax slowly.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

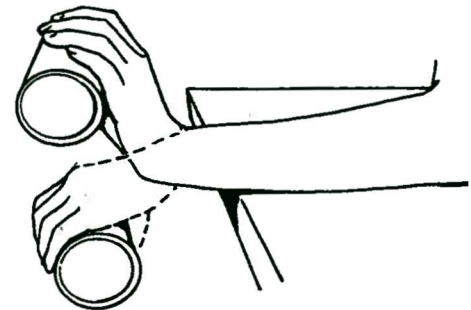
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**WRIST - 7**  
Extension (Resistive)

With wrist over edge of table, lift \_\_\_\_\_ ounces, keeping arm on table surface. Hold \_\_\_\_\_ seconds. Lower slowly.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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**Activity:** Throw a frisbee