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.

Copyright VHI 1993

WRIST - 1
Extension (Passive)

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

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

Copyright VHI 1993

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.

Copyright VHI 1993

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 _____ second.
Repeat _____ times.
Do _____ sessions per day.

Copyright VHI 1993
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.

Copyright VHI 1993

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.

Copyright VHI 1993

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.

Copyright VHI 1990

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.

Copyright VHI 1990

WRIST - 14
Flexion (Resistive)

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

Copyright VHI 1993

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.

Copyright VHI 1993

Activity: Throw a frisbee