

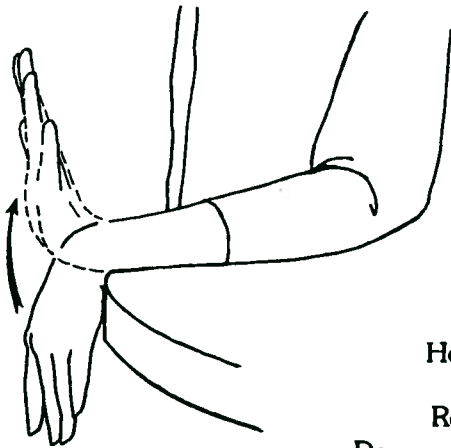


# Wellness

## 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.

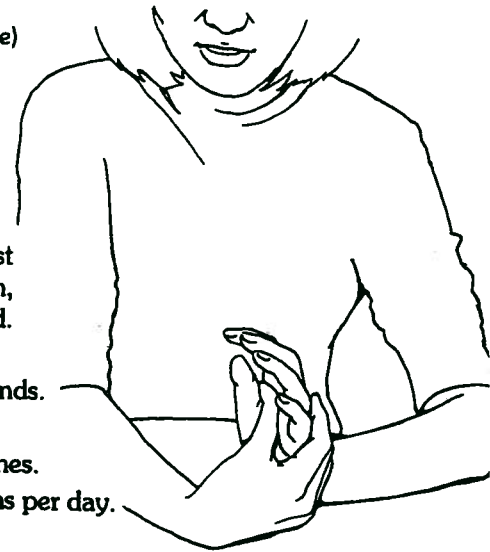
Hold \_\_\_\_ seconds.

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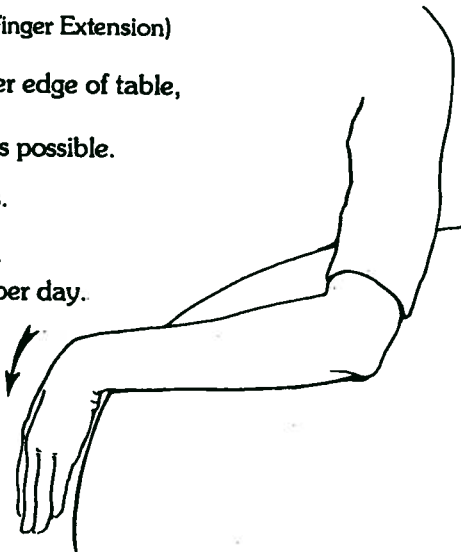
### WRIST - 12 Flexion (Active with Finger Extension)

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

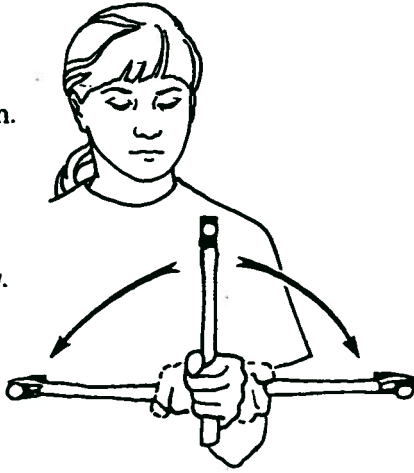
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### FOREARM - 12

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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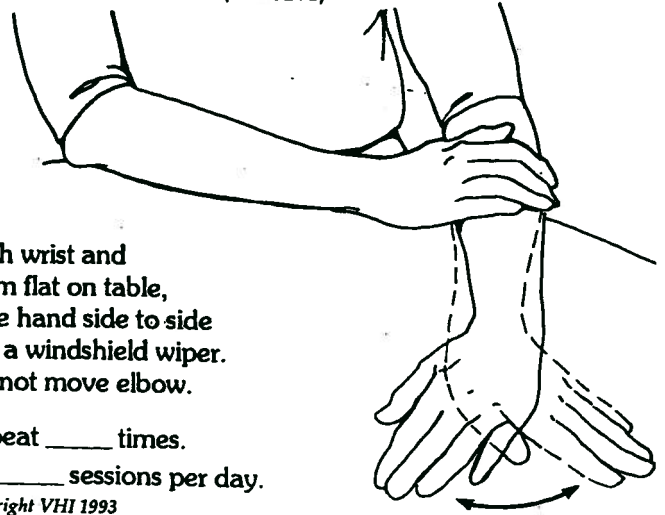
### WRIST - 16

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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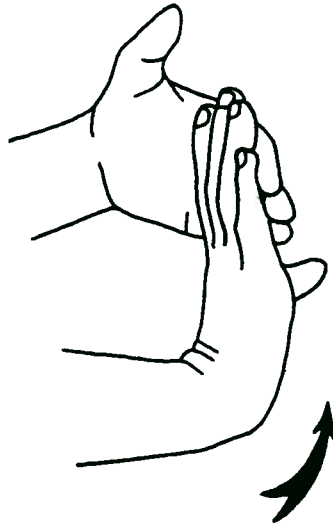


### HAND - 13

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.



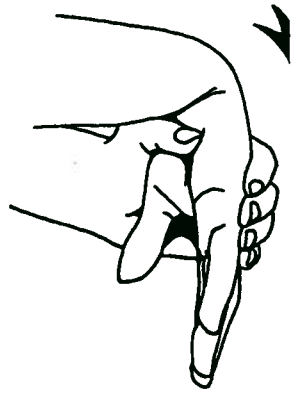
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### HAND - 14

Wrist Extensor Stretch

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

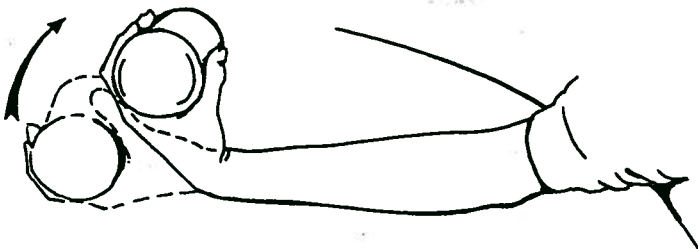
Hold \_\_\_\_ seconds. Relax.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



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### WRIST - 14

Flexion (Resistive)

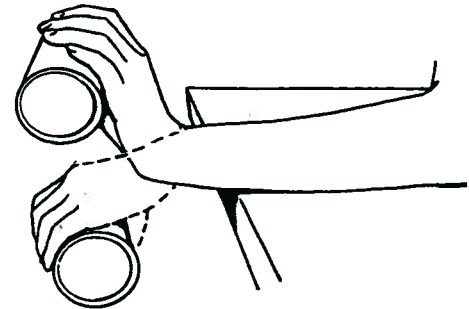


Palm up, holding \_\_\_\_ ounces, bend toward you at wrist. Hold \_\_\_\_ seconds. Relax slowly.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

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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 frisbe