

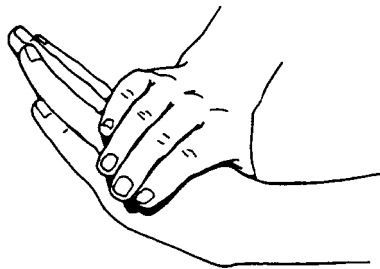
Isometric Wrist Exercises

Do these exercises _____ times a day.

Hold for _____ seconds. Relax. Repeat each exercise _____ times.

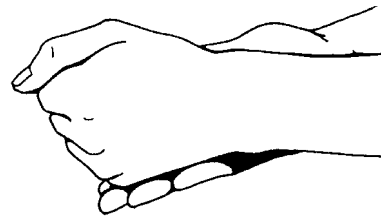
Extension

Keep your forearm steady in a palm down position. Use your opposite hand to push against an upward movement of your hand at the wrist.



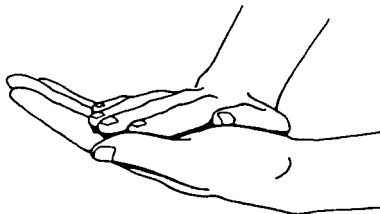
Ulnar Deviation

Hold your forearm steady with the thumb up. Use your other hand to push against a downward movement at the wrist.



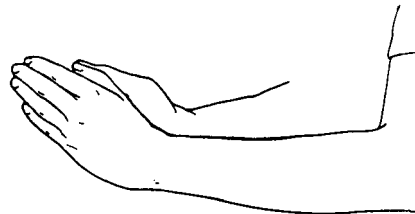
Flexion

Hold your forearm steady with the palm up. Use your opposite hand to push against an upward movement of your hand at the wrist.



Radial Deviation

Hold your forearm steady in a thumb up position. Use your other hand to push against an upward movement at the wrist.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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Department of Rehabilitation Services

The Ohio State University Medical Center

- Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.