

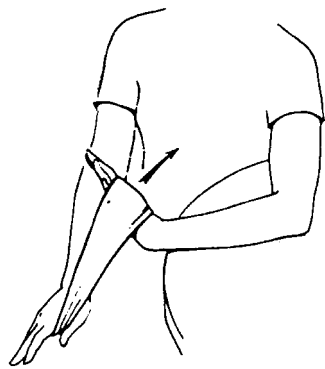
Theraband Wrist Exercises

Do these exercises _____ times a day.

Repeat each exercise _____ times.

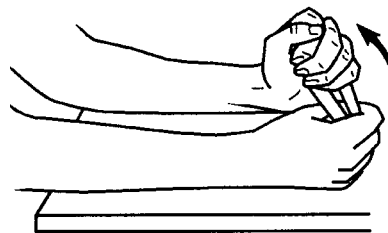
Extension

Rest your forearm on a table with your palm down over the table edge. Pull up on the band using a wrist motion only. Keep the other end steady.



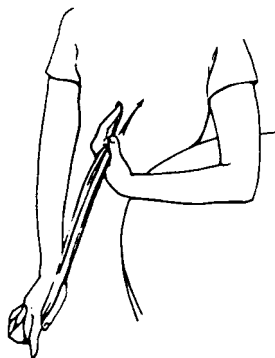
Radial Deviation

Pull up on the theraband with a wrist motion only. Use your other hand below to anchor the band.



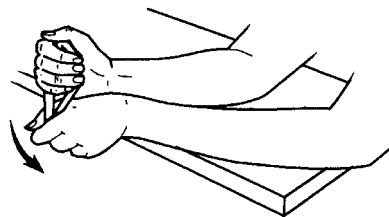
Flexion

Rest your forearm on a table, with your palm up and your wrist over the table edge. Pull on the band by bending your wrist only. Keep the other end steady.



Ulnar Deviation

Pull down on the theraband with a wrist motion only. Use your other hand above to anchor the band.



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.