

Central Vermont Medical Center
ORTHOPEDICS & SPORTS MEDICINE

HAND - 22 Wrist Extension: Isometric



With forearm resting palm down on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.

Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.

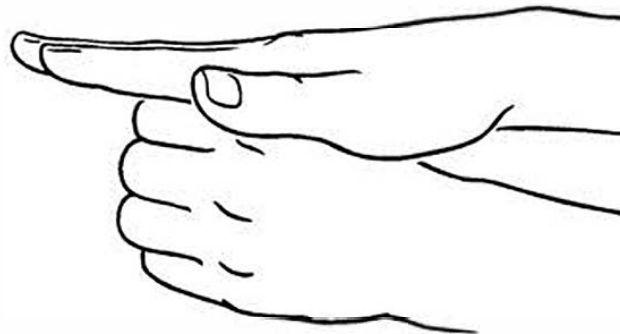
HAND - 21 Wrist Flexion: Isometric



With forearm resting palm up on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.

Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.

HAND - 23 Wrist Radial Deviation: Isometric



With forearm resting on thigh, thumb up, use other hand to resist upward movement of hand at wrist. Hold 10 seconds. Relax.

Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.

HAND - 24 Wrist Ulnar Deviation: Isometric



With forearm resting on thigh, thumb up, use other hand to resist downward movement of hand at wrist. Hold 10 seconds. Relax.

Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.