

1



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 5 Times
 Hold 20 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day

5



BICEP CURLS

With your arm at your side, draw up your hand by bending at the elbow.

Keep your palm face up the entire time.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

2



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 5 Times
 Hold 20 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day

6



SUPINE ELBOW TRICEP EXTENSION

While lying on your back, extend your elbow as shown while holding a free weight.

Maintain your upper arm in an upward direction and only bend and straighten at your elbow.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

3



Tricep Stretch Behind Head

Stand with affected arm up and behind head, reaching down the back as far as comfortable. Use free hand to press elbow backwards stretching the tricep muscle.

Repeat 5 Times
 Hold 30 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day

7



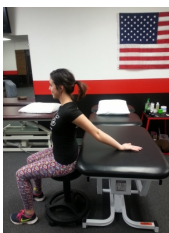
UPRIGHT ELBOW TRICEP EXTENSION

Extend your elbow as shown while holding a free weight.

Maintain your upper arm in an upward direction and only bend and straighten at your elbow.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

4



bicep stretch

sit with on a chair with a table right behind the back. place arm on the table behind back.

Repeat 5 Times
 Hold 30 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day

8



FREE WEIGHT SUPINATION AND PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

9



WRIST EXTENSION CURLS - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day