

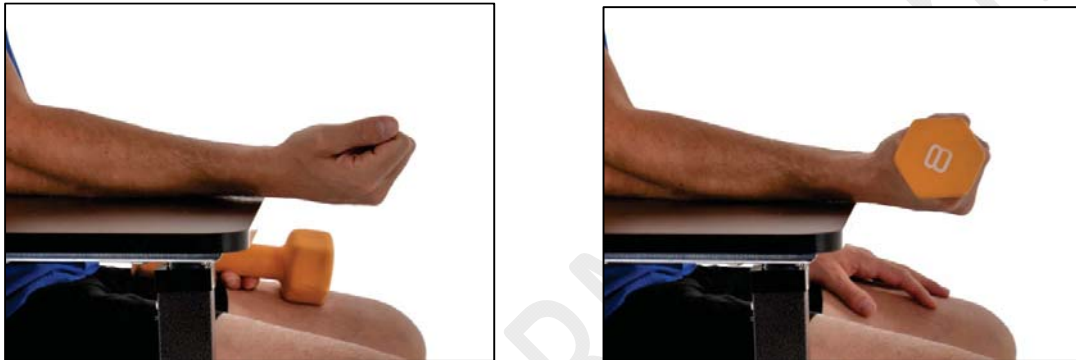


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Massage Therapy

Wrist Flexors and Extensors Strengthening

Wrist Flexor Resistance Exercise : (Isometric)

Hold a weight in your hand and rest your forearm on a table with your elbow straight, so your wrist is over the edge—palm facing up. Bend your elbow to 90° and slightly lift your wrist for the prescribed duration. Make sure you do not lift your arm off the surface while doing this exercise.



Wrist Extensor Resistance Exercise : (Eccentric)

Hold a weight in your hand and rest your forearm on a table with your elbow straight, so your wrist is over the edge—palm facing down. Lift the weight and your hand—as high as possible—using the opposite hand, while keeping your forearm on the table. Then, slowly lower the weight completely. The purpose of the exercise is to strengthen the lowering portion of the movement only.

