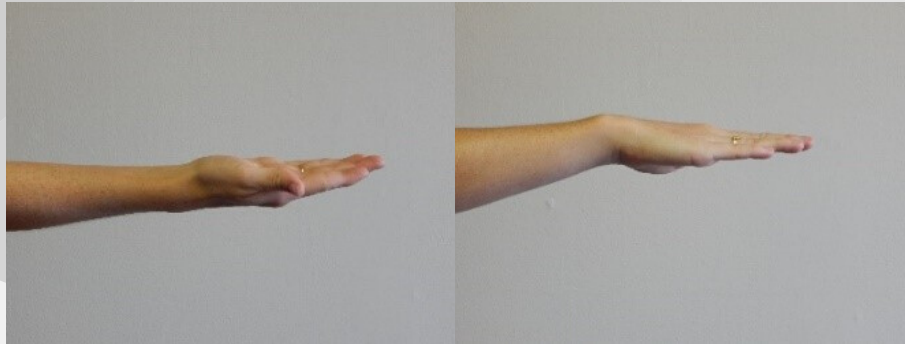


Wrist Injury Prevention Program

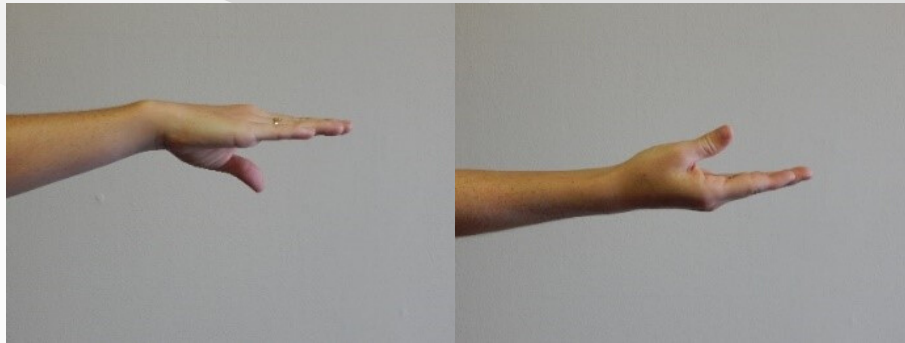
Exercises should be performed prior to repetitive wrist use, at least 4 times per week.

Wrist Flexor Stretches

Extend your arm out in front of you with palm facing up (hold this position for 5 sec).

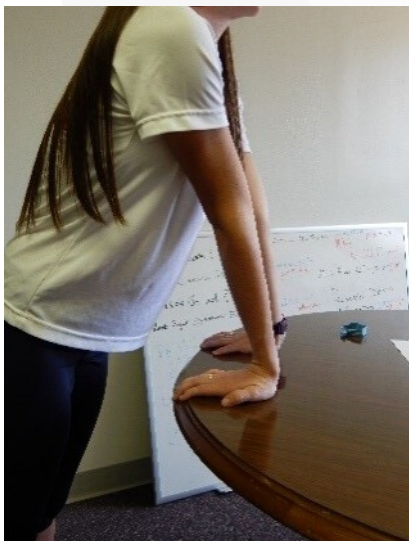
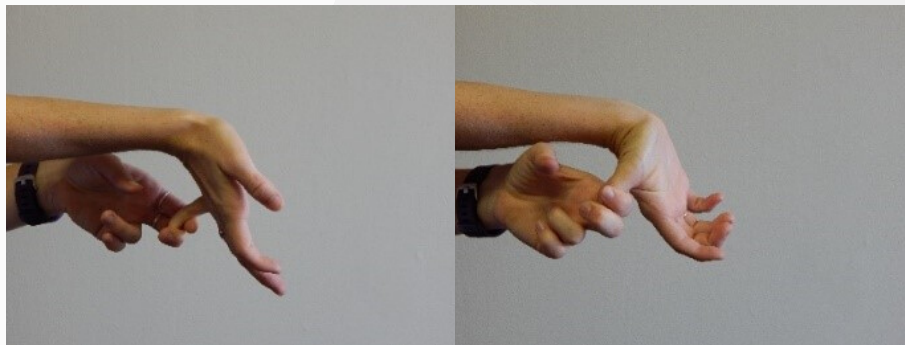


Flip your palm towards the ground. Make a beak-like symbol with your hand (hold this position for 5 sec).



Turn your wrist to the outside so that the palm is facing upward (hold this position for 5 sec).

Extend your wrist down. Individually grab each finger pull towards your body. Hold each finger for ten seconds. Repeat on opposite hand.



Place your hands palm down on a table with your fingers pointing towards you. Lean forward until you feel a stretch. Hold this position for 20 seconds and repeat.

Wrist Injury Prevention Program

Exercises should be performed prior to repetitive wrist use, at least 4 times per week.

Wrist Extensor Stretch

Extend your arm out in front of you. Turn the palm to face down. Flex your wrist down. With your opposite hand, pull your hand towards your body. Hold this position for 20 seconds and repeat.



Median Nerve Stretch

Extend your arm out to your side with the palm facing up. Extend your wrist downward. Look towards the extended arm. Hold this position for 20 seconds and repeat.



Finger Extension

Place your hand on a table palm-down. Individually raise each finger off the table ten times. Repeat.



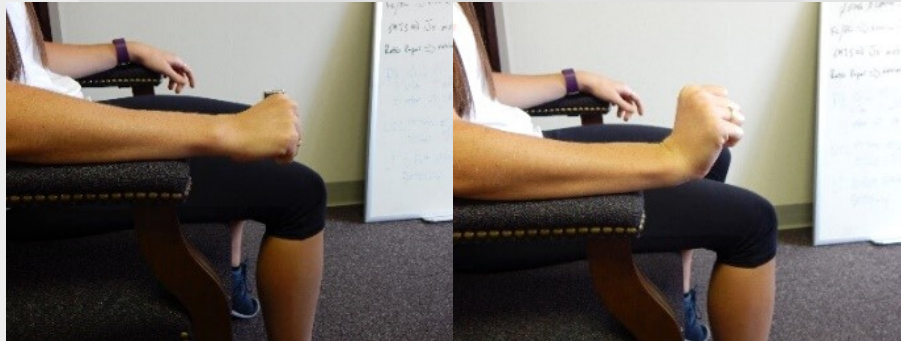
Wrist Injury Prevention Program

Exercises should be performed prior to repetitive wrist use, at least 4 times per week.

Wrist Extension

With your arms bent at sides, clench fist and extend wrist towards your body. ▶

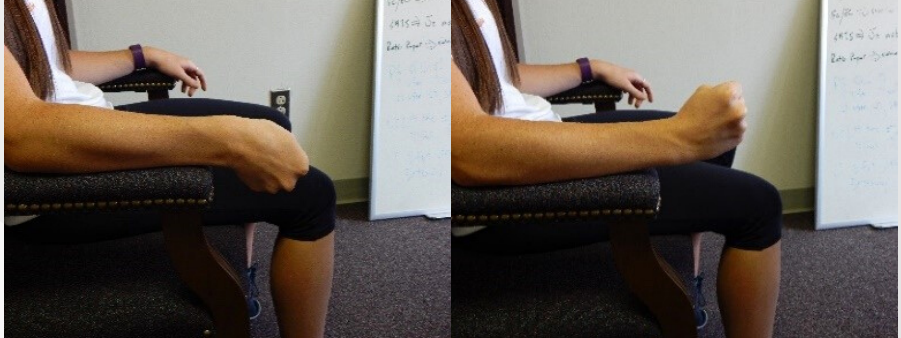
Do this ten times and repeat twice.



Ulnar/Radial Deviation

With your arms bent at your sides, make a fist in each hand with the thumb facing the ceiling. Flex your wrist downward and back up. ▶

Do this ten times and repeat twice.



Joint Blocking

Place your hand palm side up on a flat surface. Individually bend each individual finger towards the body while holding the rest of your fingers down with your other hand. Repeat 10 times on each finger. ▼

