

# Prima CARE

## Orthopedics

508-646-7645  
www.prima-care.com

Durfee-Union Mills Complex  
289 Pleasant St, Suite 202  
Fall River, MA 02721

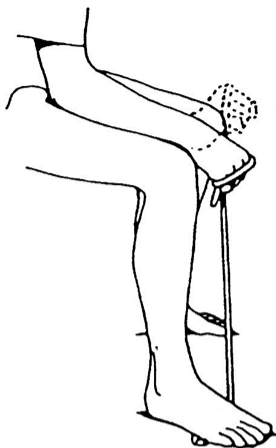
Somerset/Swansea Medical Center  
67 GAR Highway  
Somerset, MA 02726

### WRIST STRENGTHENING

#### ACTIVE RESISTIVE WRIST EXTENSION

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



#### ACTIVE RESISTIVE WRIST FLEXION

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on thigh.

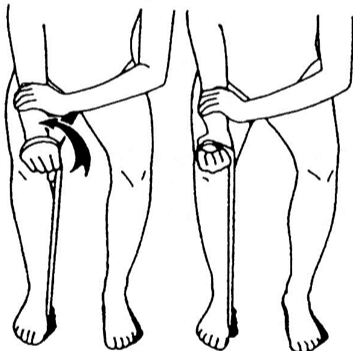
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



#### RESISTED FOREARM SUPINATION

With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to outside of hand and roll palm up as far as possible.

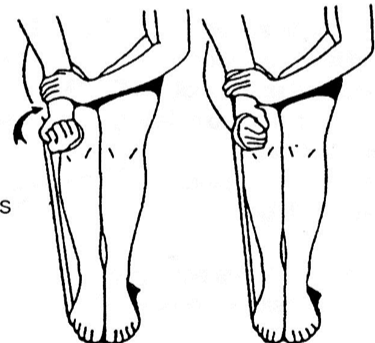
Hold \_\_\_\_ seconds.  
Relax  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



#### RESISTED FOREARM PRONATION

With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to outside of hand and roll palm down as far as possible.

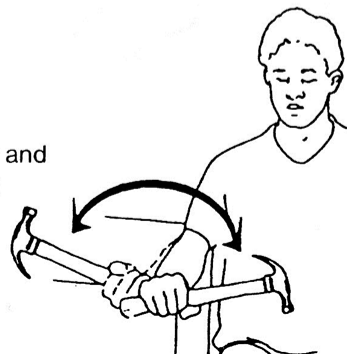
Hold \_\_\_\_ seconds.  
Relax  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



#### RESISTIVE FOREARM PRONATION/SUPINATION

Sitting with forearm supported, grasp hammer and gently rotate palm up and then down as far as possible without causing pain.

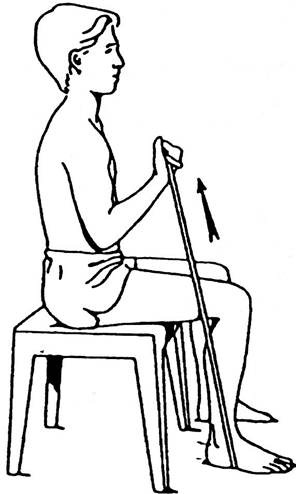
Hold \_\_\_\_ seconds. Relax  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## ACTIVE RESISTIVE ELBOW FLEXION

With tubing wrapped around fist and opposite end secured under foot, curl arm up as far as possible. Lower slowly.

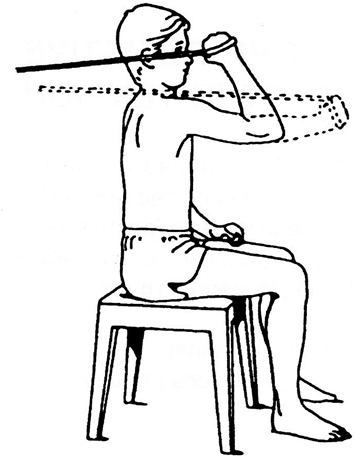
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## ACTIVE RESISTIVE ELBOW EXTENSION

With tubing wrapped around fist and opposite end secured in doorjam, straighten elbow.

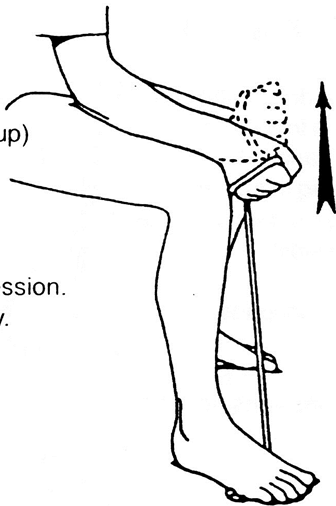
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## ACTIVE RESISTIVE RADIAL DEVIATION

With tubing wrapped around fist and opposite end secured under foot, and wrist up (thumb side up) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per day.



## TOWEL ROLL SQUEEZE

With forearm resting on surface, gently squeeze towel

Repeat \_\_\_\_ Repetitions/set.  
Do \_\_\_\_ Sets/session.  
Do \_\_\_\_ sessions per day.

