

Client

Andreas Bjerregaard

Practitioner

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Program Name

Wrist

Time Period

29/05/2026 - 11/06/2026

How Often

Every 7 days

When

Any time

You have 49 exercises

1

Wrist extensor stretch

30 seconds rep 60 seconds rest 3 sets

2

Wrist tendesis

10 reps 60 seconds rest 3 sets

3

Wrist extensors STM

10 reps 60 seconds rest 3 sets

4

Wrist flexor stretch

30 seconds rep 60 seconds rest 3 sets

5 **Wrist flexors STM**
10 reps 60 seconds rest 3 sets

6 **Wrist flexion and extension stretch**
30 seconds rep 60 seconds rest 3 sets

7 **Combined wrist AROM in cradle support**
10 reps 60 seconds rest 3 sets

8 **Combined wrist AROM**
10 reps 60 seconds rest 3 sets

9 **AROM wrist circumduction**
10 reps 60 seconds rest 3 sets

10 **Wrist flexors stretch in sitting**
30 seconds rep 60 seconds rest 3 sets

11 **Wrist pronation with a ball in supine**
10 reps 60 seconds rest 3 sets 1kg weighted ball

12 **Wrist supination with a ball in supine**
10 reps 60 seconds rest 3 sets 1kg weighted ball

13 **Wrist supination with a ball in supine**
10 reps 60 seconds rest 3 sets Yellow exercise web

14 **Wrist supination and pronation**
10 reps 60 seconds rest 3 sets

15 **Assisted wrist supination stretch**
30 seconds rep 60 seconds rest 3 sets

16 **Bilateral wrist and finger stretch**
30 seconds rep 60 seconds rest 3 sets

17 **Isometric wrist pronation**
30 seconds rep 60 seconds rest 3 sets

18 **Isometric wrist supination**
30 seconds rep 60 seconds rest 3 sets

19 **Isometric wrist extension in sitting**
30 seconds rep 60 seconds rest 3 sets

20 **Isometric wrist supination in sitting**
30 seconds rep 60 seconds rest 3 sets

21 **Isometric wrist flexion in sitting**
30 seconds rep 60 seconds rest 3 sets

22 **Bilateral wrist and finger stretch in sitting**
30 seconds rep 60 seconds rest 3 sets

23 **Isometric wrist supination in supine**
30 seconds rep 60 seconds rest 3 sets

24 **Isometric wrist flexion in sitting**
30 seconds rep 60 seconds rest 3 sets

25 **Isometric wrist extension in sitting**
30 seconds rep 60 seconds rest 3 sets

26 **Isometric wrist flexion in sitting**
30 seconds rep 60 seconds rest 3 sets

27 **Wrist pronation in sitting with a ball**
10 reps 60 seconds rest 3 sets 1kg weighted ball

28 **Wrist supination in sitting with a ball**
10 reps 60 seconds rest 3 sets 1kg weighted ball

29 **Wrist supination in sitting with a dumbbell**
10 reps 60 seconds rest 3 sets 1kg dumbbell

30 **Wrist flexion in sitting with a dumbbell**
10 reps 60 seconds rest 3 sets 1kg dumbbell

31 **Wrist pronation in sitting with a dumbbell**
10 reps 60 seconds rest 3 sets 1kg dumbbell

32 **Wrist extension in sitting with a dumbbell**
10 reps 60 seconds rest 3 sets 1kg dumbbell

33 **Wrist extension in sitting with a ball**
10 reps 60 seconds rest 3 sets 1kg weighted ball

34 **Wrist extension in sitting with a ball**
10 reps 60 seconds rest 3 sets 1kg weighted ball

35 **Wrist extension in sitting with an exercise band**
10 reps 60 seconds rest 3 sets Yellow exercise band

36 **Wrist supination in sitting with an exercise band**
10 reps 60 seconds rest 3 sets Yellow exercise band

37 **Wrist flexion in sitting with an exercise band**
10 reps 60 seconds rest 3 sets Yellow exercise band

38 **Wrist pronation in sitting with an exercise band**
10 reps 60 seconds rest 3 sets Yellow exercise band

39 **Wrist pronation in sitting with a therabar**
10 reps 60 seconds rest 3 sets Yellow therabar

40 **PROM wrist extension in sitting**
30 seconds rep 60 seconds rest 3 sets

41 **PROM wrist extension in sitting**
10 reps 60 seconds rest 3 sets

42 **AROM wrist circumduction in sitting**
10 reps 60 seconds rest 3 sets

43 **AROM wrist circumduction in sitting**
10 reps 60 seconds rest 3 sets

44 **Wrist supination in sitting with a therabar**
10 reps 60 seconds rest 3 sets Yellow therabar

45 **Wrist supination in sitting with a therabar**
10 reps 60 seconds rest 3 sets Yellow therabar

46 **PROM wrist flexion in sitting**
30 seconds rep 60 seconds rest 3 sets

47 **AAROM wrist flexion and extension**
10 reps 60 seconds rest 3 sets

48 **AROM wrist flexion and extension**
10 reps 60 seconds rest 3 sets

49 **AROM wrist pronation and supination in sitting**
10 reps 60 seconds rest 3 sets

1

Wrist extensor stretch

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Raise your hand out in front of you at chest height, with your fingers pointing down.
2. Using your other hand, gently pull your fingers back towards you so you feel a stretch in your wrist.
3. Hold the stretch for the prescribed time, then relax to complete the exercise.
4. Remember to keep your shoulders relaxed throughout the exercise.

2

Wrist tendesis

10 reps 60 seconds rest 3 sets



How to perform

1. Rest your elbow on the desk and let your wrist drop forwards.
2. Then extend your wrist back to neutral encouraging your fingers to curl up towards your palm like you are making a fist.
3. Allow your wrist to drop forwards again to complete the exercise.
4. Remember to avoid combining wrist and finger extension throughout the exercise.

3

Wrist extensors STM

10 reps 60 seconds rest 3 sets



How to perform

1. Rest your arm on a pillow or towel on the desk with your palm facing downwards.
2. Using your other hand, apply pressure to the inside of your elbow and slowly massage down your arm towards your thumb.
3. Then repeat this movement moving towards your little finger to complete the exercise.
4. Remember to keep your wrist straight and relaxed throughout the exercise.

4

Wrist flexor stretch

30 seconds rep 60 seconds rest 3 sets



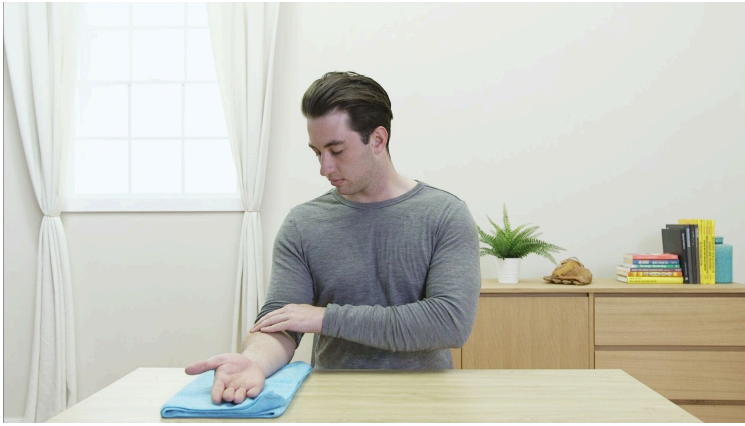
How to perform

1. Raise your hand out in front of you at chest height, with your fingers pointing up.
2. Keeping your arm in the same place, use your other hand to gently pull your fingers back towards you so you can feel a stretch in your wrist.
3. Hold this stretch for the prescribed time and then relax to complete the exercise.
4. Remember to keep your fingers straight throughout the exercise.

5

Wrist flexors STM

10 reps 60 seconds rest 3 sets



How to perform

1. Rest your arm on a pillow or towel on the desk with your palm facing upwards.
2. Using your other hand, apply pressure to the inside of your elbow and slowly massage down your arm towards your thumb.
3. Then repeat this movement moving towards your little finger to complete the exercise.
4. Remember to keep your wrist straight and relaxed throughout the exercise.

6

Wrist flexion and extension stretch

30 seconds rep 60 seconds rest 3 sets



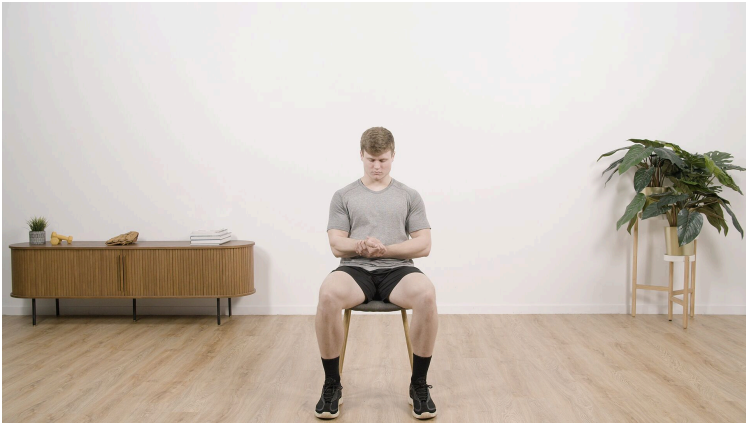
How to perform

1. With your wrist straight, use your other hand to help make a fist.
2. Keeping your hand in a fist, slowly move your wrist back and forth, then relax to complete the exercise.
3. Remember to keep your forearm still throughout the exercise.

7

Combined wrist AROM in cradle support

10 reps 60 seconds rest 3 sets



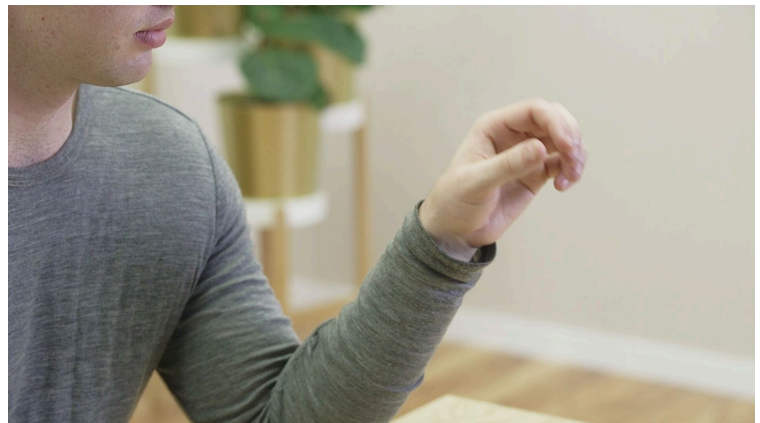
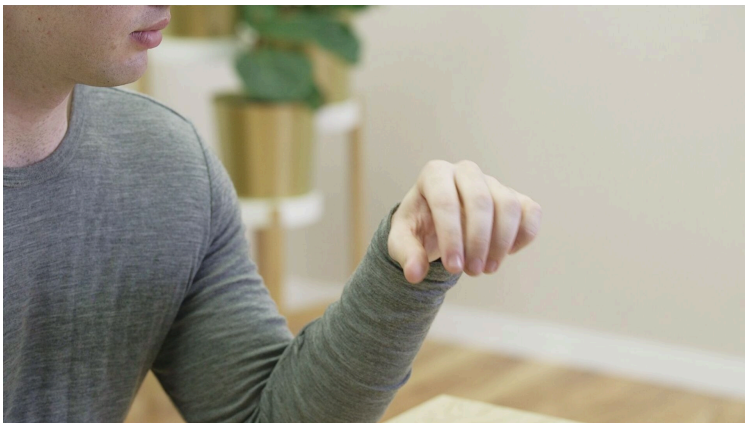
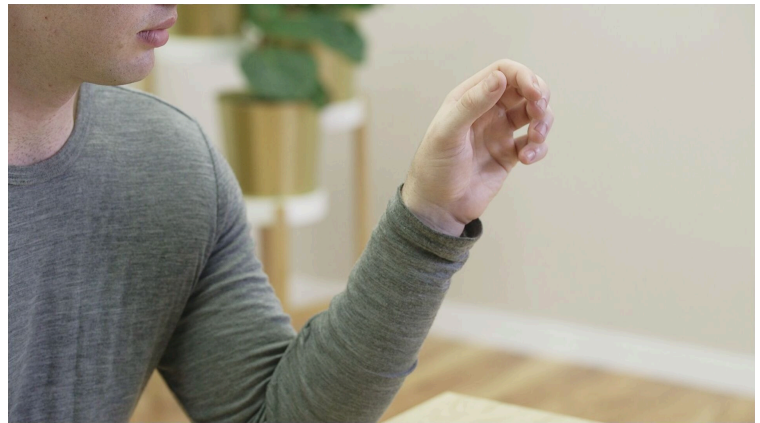
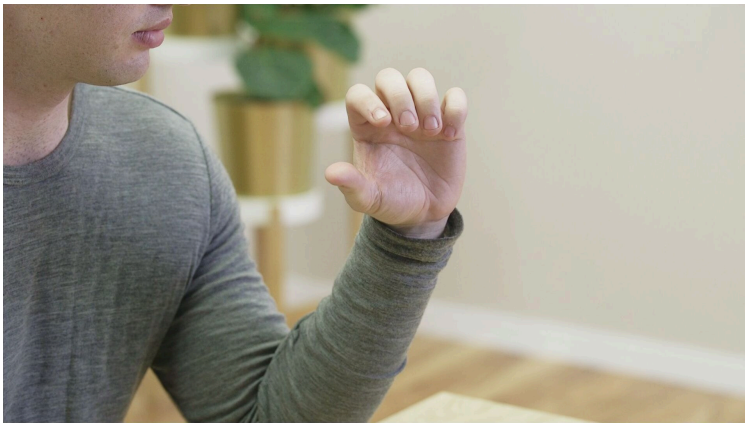
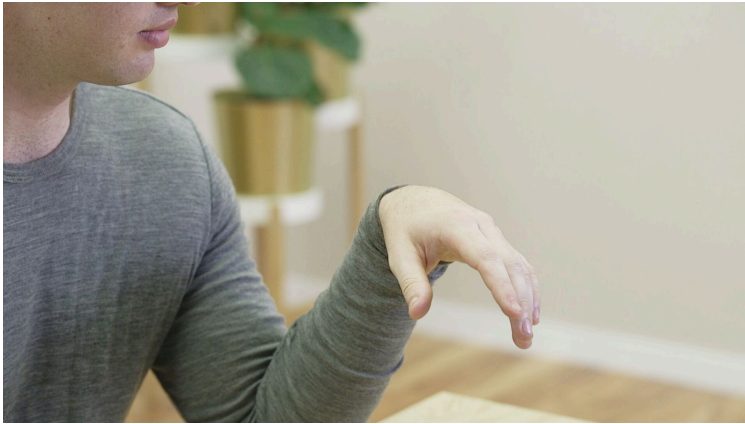
How to perform

1. Keeping the rest of your body still, move your wrist up and down, then side to side, then perform small circles to complete the exercise.
2. Remember to keep your arm supported throughout the exercise.

8

Combined wrist AROM

10 reps 60 seconds rest 3 sets



How to perform

1. Rest your elbow on the table and allow your wrist to bend forwards.
2. Then extend your wrist backwards.
3. Next drop your wrist towards your thumb side, and then your little finger side.
4. Finally, complete a full clockwise and anticlockwise circle to complete the exercise.
5. Remember to keep your upper arm still throughout the exercise.

9

AROM wrist circumduction

10 reps 60 seconds rest 3 sets



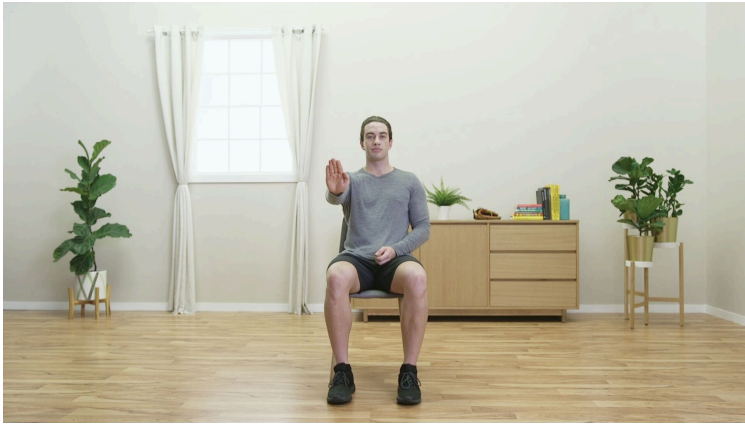
How to perform

1. Bend your elbow to 90 degrees and have your palm facing down.
2. Keeping your hand relaxed, roll your wrist in clockwise circles.
3. Then roll your wrist in anticlockwise circles to complete the exercise.
4. Remember to keep your upper arm still throughout the exercise.

10

Wrist flexors stretch in sitting

30 seconds rep 60 seconds rest 3 sets



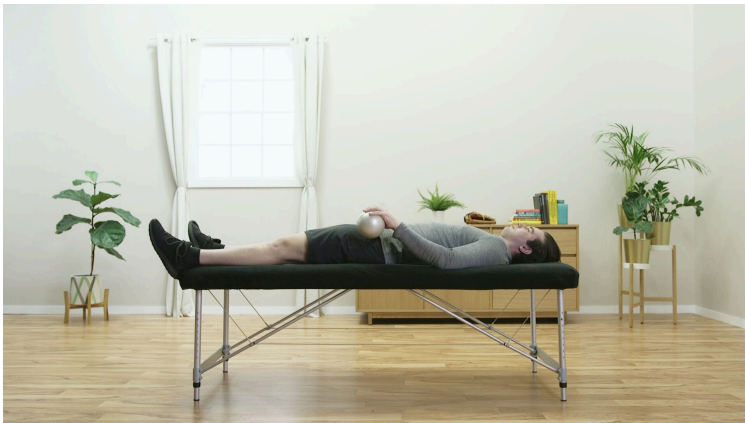
How to perform

1. Raise your hand out in front of you at chest height, with your fingers pointing up.
2. Using your other hand, gently pull your fingers back towards you.
3. You should feel a stretch in the bottom of your wrist.
4. Hold this movement for the prescribed time and then relax to complete the exercise.
5. Remember to pull gently on your fingers until you feel a stretch throughout the exercise.

11

Wrist pronation with a ball in supine

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Keeping your upper arm still, rotate your arm downwards so your palm turns to face the bed.
2. Then rotate your arm back to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

12

Wrist supination with a ball in supine

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Keeping your upper arm still, rotate your arm outwards so your palm turns to face the ceiling.
2. Then rotate your arm back to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

13

Wrist supination with a ball in supine

10 reps 60 seconds rest 3 sets Yellow exercise web



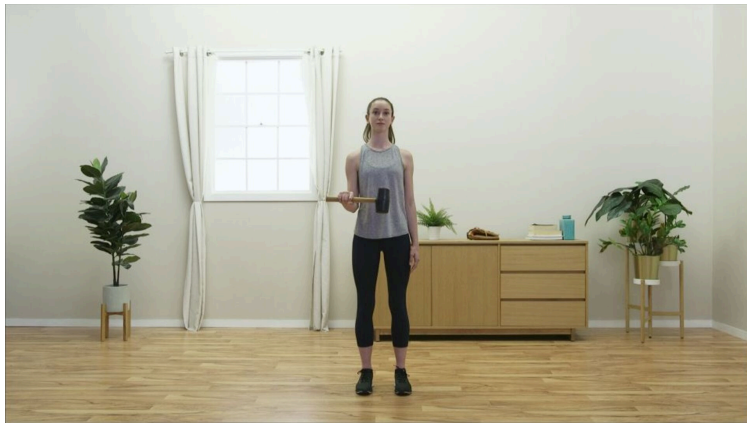
How to perform

1. Keeping your upper arm still, rotate your arm outwards so your palm turns to face the ceiling.
2. Then rotate your arm downwards so your palm faces the bed to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

14

Wrist supination and pronation

10 reps 60 seconds rest 3 sets



How to perform

1. Bend your elbow to 90 degrees and tuck your elbow into your side.
2. Keeping your upper arm still, rotate your wrist so your palm faces up.
3. Then rotate your wrist so your palm faces down to complete the exercise.
4. Remember to control the speed of the mallet throughout the exercise.

15

Assisted wrist supination stretch

30 seconds rep 60 seconds rest 3 sets



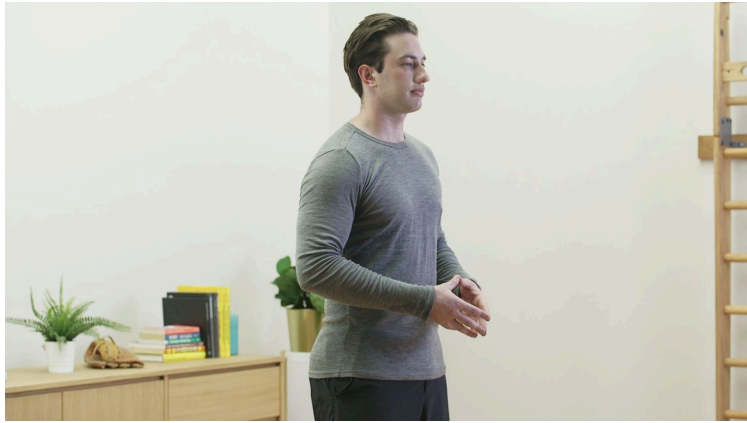
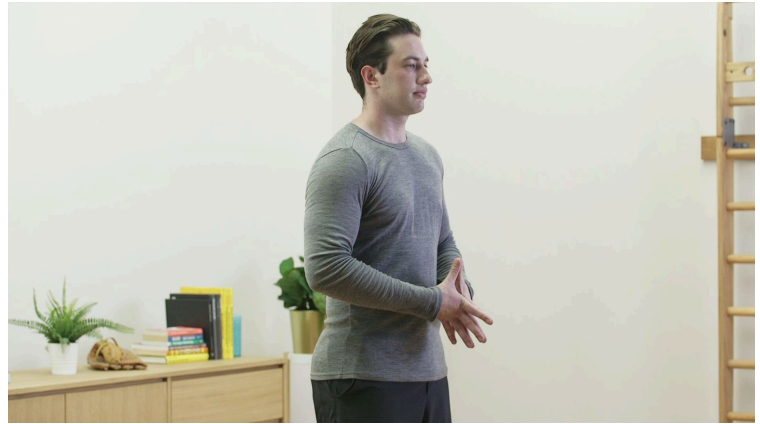
How to perform

1. Place your hand underneath your other arm.
2. Then use your bottom hand, to rotate your other arm to pull your pinky finger towards the ceiling, until you feel a stretch in your forearm.
3. Hold the stretch for the prescribed time and then relax to complete the exercise.
4. Remember to keep your elbow straight throughout the exercise.

16

Bilateral wrist and finger stretch

30 seconds rep 60 seconds rest 3 sets



How to perform

1. With your fingers pointing downwards, bring your fingers and thumbs together.
2. Keeping your fingertips together spread your fingers apart and press your knuckles together to complete the exercise.
3. Remember to keep your shoulders relaxed throughout the exercise.

17

Isometric wrist pronation

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Bend your selected elbow to 90 degrees with your fingers out straight and place your other hand on the palm of your hand.
2. Keeping your chest straight, attempt to rotate the palm of your hand down towards the ground, using your other hand to resist the movement.
3. Hold this movement for the prescribed time and then relax to complete the exercise.
4. Remember to use your hand to resist the movement throughout the exercise.

18

Isometric wrist supination

30 seconds rep 60 seconds rest 3 sets



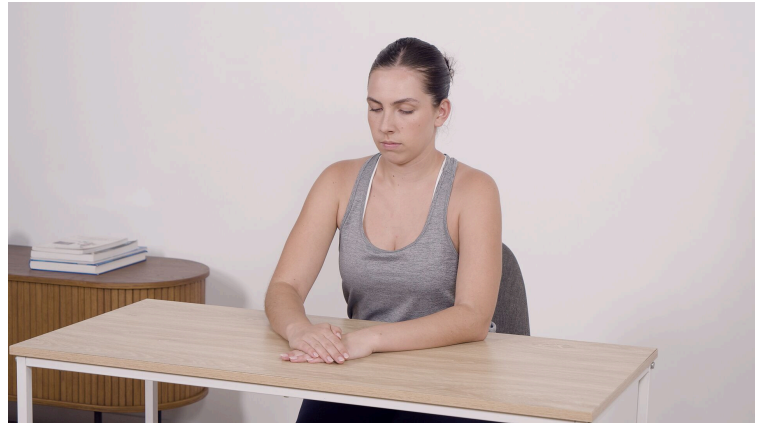
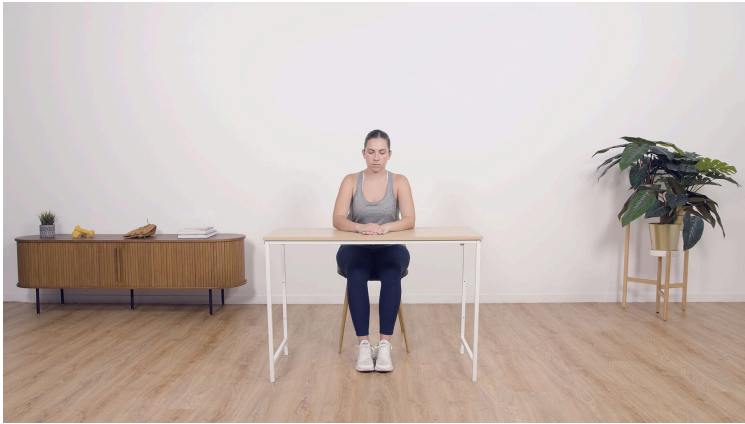
How to perform

1. Bend your selected elbow to 90 degrees with your fingers out straight and place your other hand on the back of your hand.
2. Keeping your chest straight, attempt to rotate the palm of your hand towards the ceiling, using your other hand to resist the movement.
3. Hold this movement for the prescribed time and then relax to complete the exercise.
4. Remember to use your hand to resist the movement throughout the exercise.

19

Isometric wrist extension in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Place the palm of one hand down flat on the table and place your other hand on top.
2. Keeping the rest of your body still, attempt to lift your hand off the table by bending at the wrist, resisting the movement with your opposite hand.
3. Hold this for the prescribed time, then relax to complete the exercise.
4. Remember to focus on moving your wrist only throughout the exercise.

20

Isometric wrist supination in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Bend your elbow to 90 degrees with your fingers out straight and place your other hand on the back of your hand.
2. Keeping your chest straight, attempt to rotate the palm of your hand towards the ceiling, using your other hand to resist the movement.
3. Hold this movement for the prescribed time and then relax to complete the exercise.
4. Remember to use your hand to resist the movement throughout the exercise.

21

Isometric wrist flexion in sitting

30 seconds rep 60 seconds rest 3 sets



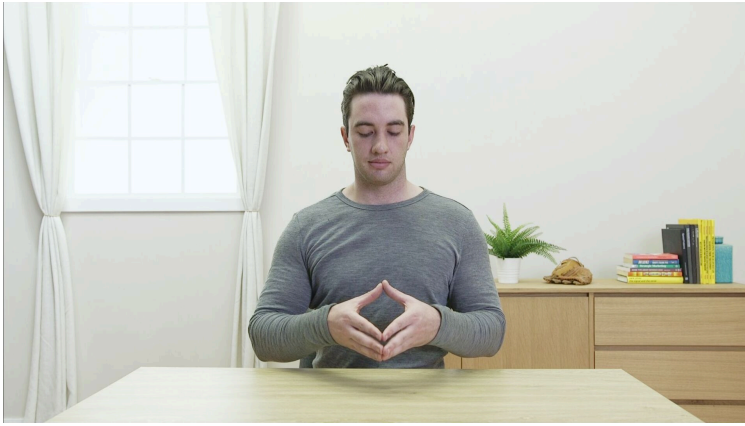
How to perform

1. Turn your hand over so that the palm of your hand is pointed towards the ceiling, and then clench your fist.
2. Place your other hand on the heel of your hand.
3. Keeping the rest of your arm still, try to bend your hand into the air, using your other hand to resist the movement.
4. Hold this movement for the prescribed time and then relax to complete the exercise.
5. Remember to focus on lifting your hand only into the air throughout the exercise.

22

Bilateral wrist and finger stretch in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. With your fingers pointing downwards, bring your fingers and thumbs together.
2. Keeping your fingertips together spread your fingers apart and press your knuckles together to complete the exercise.
3. Remember to keep your shoulders relaxed throughout the exercise.

23

Isometric wrist supination in supine

30 seconds rep 60 seconds rest 3 sets



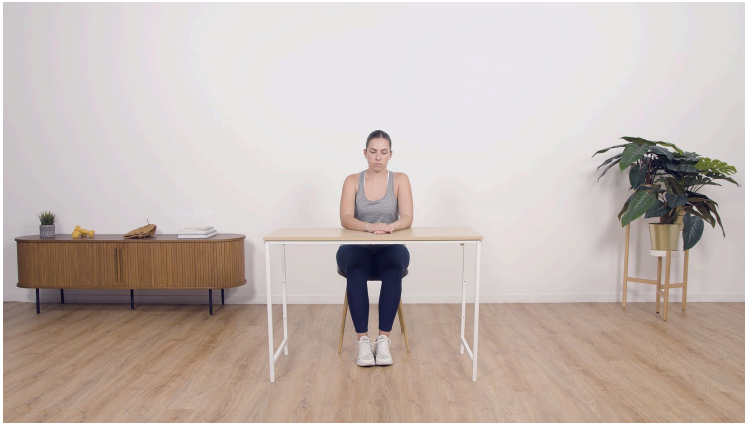
How to perform

1. Bend your elbow to 90 degrees and have your fingers out straight so that your thumb is pointing back towards your head.
2. Place your other hand on the back of your hand.
3. Keeping your head and back in contact with the bed, attempt to rotate the palm of your hand towards your head, using your other hand to resist the movement.
4. Hold this movement for the prescribed time and then relax to complete the exercise.
5. Remember to use your hand to resist the movement throughout the exercise.

24

Isometric wrist flexion in sitting

30 seconds rep 60 seconds rest 3 sets



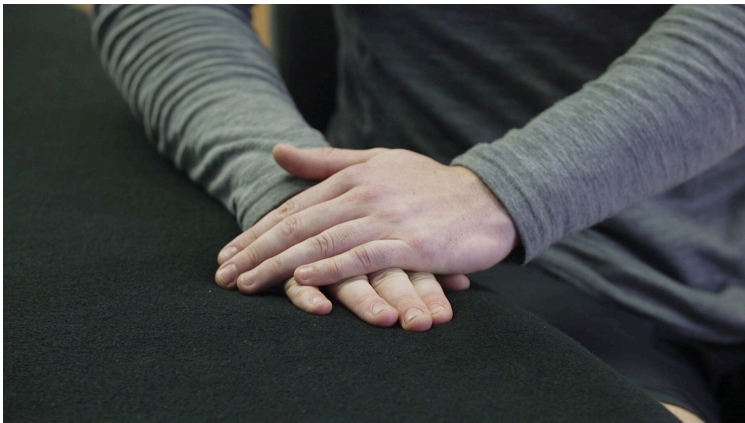
How to perform

1. Place the back of one hand down flat on the table and place your other hand on top.
2. Keeping the rest of your body still, attempt to lift your hand off the table by bending at the wrist, resisting the movement with your opposite hand.
3. Hold this for the prescribed time, then relax to complete the exercise.
4. Remember to focus on moving your wrist only throughout the exercise.

25

Isometric wrist extension in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Place your other hand on top of your hand.
2. Keeping your forearm on the bed, bend at the wrist and attempt to lift your hand into the air, using your other hand to resist the movement.
3. Hold this movement for the prescribed time and then relax to complete the exercise.
4. Remember to use your hand to resist the movement throughout the exercise.

26

Isometric wrist flexion in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Place your other hand on top of your palm.
2. Keeping your forearm on the bed, bend at the wrist and attempt to lift your hand into the air, using your other hand to resist the movement.
3. Hold this movement for the prescribed time and then relax to complete the exercise.
4. Remember to use your hand to resist the movement throughout the exercise.

27

Wrist pronation in sitting with a ball

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Keeping your upper arm still, rotate your arm downwards so your palm turns to face the floor.
2. Then rotate your arm back to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

28

Wrist supination in sitting with a ball

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Keeping your upper arm still, rotate your arm outwards so your palm turns to face the ceiling.
2. Then rotate your arm back to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

29

Wrist supination in sitting with a dumbbell

10 reps 60 seconds rest 3 sets 1kg dumbbell



How to perform

1. Turn your hand over so that your thumb is pointing to the ceiling holding onto a dumbbell.
2. Keeping the rest of your body still, slowly turn your hand over so your palm is facing up, then bring your hand back to the neutral position to complete the exercise.
3. Remember to keep your arm flat and wrist straight throughout the exercise.

30

Wrist flexion in sitting with a dumbbell

10 reps 60 seconds rest 3 sets 1kg dumbbell



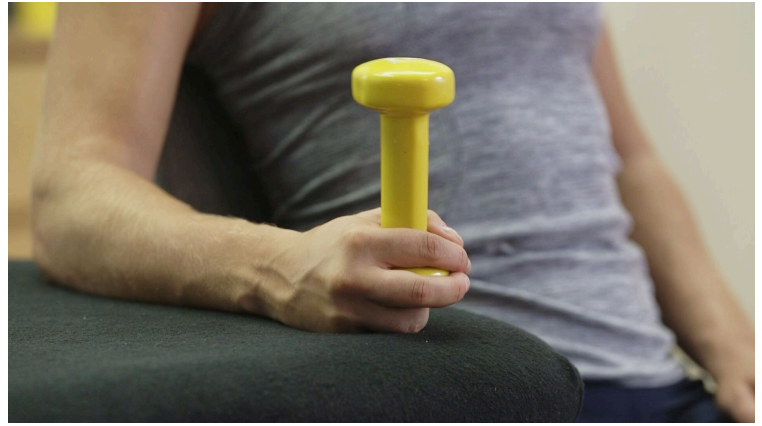
How to perform

1. Rest your arm out in front of you, with your hand holding a dumbbell and hanging off the end of a table.
2. Turn your hand over so that the palm of your hand is pointed towards the ceiling.
3. Keeping the rest of your arm still, lift the dumbbell up towards your forearm, then lower your hand back down to complete the exercise.
4. Remember to focus on moving your hand only throughout the exercise.

31

Wrist pronation in sitting with a dumbbell

10 reps 60 seconds rest 3 sets 1kg dumbbell



How to perform

1. Turn your hand over so that your thumb is pointing to the ceiling holding onto a dumbbell.
2. Keeping the rest of your body still, slowly turn your hand over so your palm is facing down, then bring your hand back to the neutral position to complete the exercise.
3. Remember to keep your arm flat and wrist straight throughout the exercise.

32

Wrist extension in sitting with a dumbbell

10 reps 60 seconds rest 3 sets 1kg dumbbell



How to perform

1. Rest your arm out in front of you, with your hand holding a dumbbell and hanging off the end of a table.
2. Turn your hand over so that the palm of your hand is pointed towards the ground.
3. Keeping the rest of your arm still, lift the dumbbell up towards your forearm, then lower your hand back down to complete the exercise.
4. Remember to focus on moving your hand only throughout the exercise.

33

Wrist extension in sitting with a ball

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Holding onto the ball, let your wrist drop backwards into extension and then bring it back up again to complete the exercise.
2. Remember to keep your forearm neutral throughout the exercise.

34

Wrist extension in sitting with a ball

10 reps 60 seconds rest 3 sets 1kg weighted ball



How to perform

1. Holding onto the ball, let your wrist drop backwards into extension and then bring it back up again to complete the exercise.
2. Remember to keep your forearm neutral throughout the exercise.

35

Wrist extension in sitting with an exercise band

10 reps 60 seconds rest 3 sets Yellow exercise band



How to perform

1. The other end of the exercise band should be fixed to an object below your hand.
2. Allow your hand to hang over the edge of the table with your palm facing the floor.
3. Keeping your forearm on the table, lift your hand up, and then lower your hand down to complete the exercise.
4. Remember to keep your forearm and shoulder still throughout the exercise.

36

Wrist supination in sitting with an exercise band

10 reps 60 seconds rest 3 sets Yellow exercise band



How to perform

1. Wrap the exercise band around the bottom and then the top of your hand, hold the end of the exercise band in your other hand, then tuck your elbow into your side, with your palm facing your other hand.
2. Keeping the rest of your arm still, turn your palm towards the ceiling.
3. Hold this position for the prescribed time, then rotate your hand down to complete the exercise.
4. Remember to maintain tension on the exercise band throughout the exercise.

37

Wrist flexion in sitting with an exercise band

10 reps 60 seconds rest 3 sets Yellow exercise band



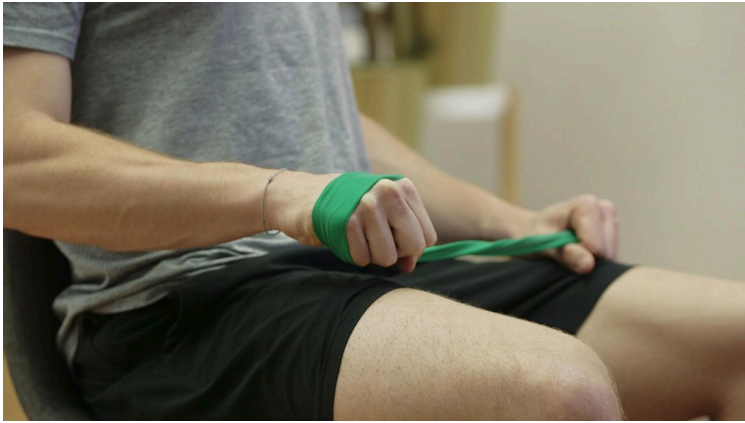
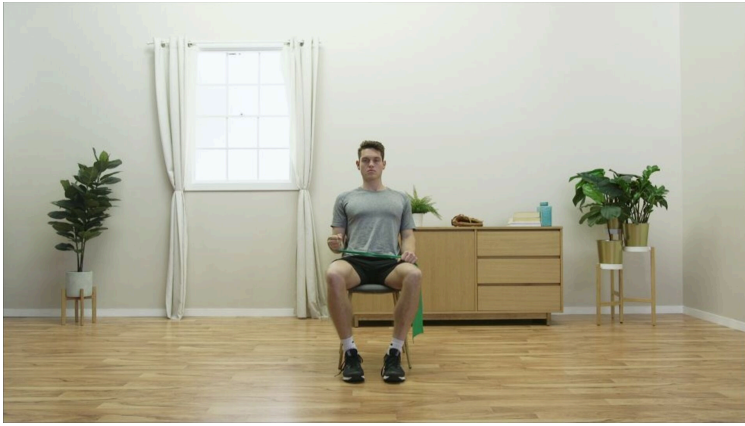
How to perform

1. The other end of the exercise band should be fixed below the level of your hand.
2. Allow your hand to hang over the edge of the table with your palm facing the ceiling.
3. Keeping your forearm on the table, lift your hand up, and then lower your hand back down to complete the exercise.
4. Remember to keep your forearm and shoulder still throughout the exercise.

38

Wrist pronation in sitting with an exercise band

10 reps 60 seconds rest 3 sets Yellow exercise band



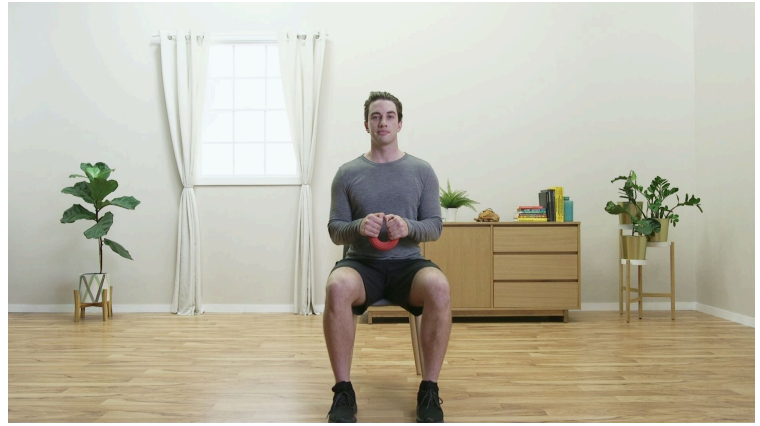
How to perform

1. Wrap the exercise band around the top and then the bottom of your hand, hold the end of the exercise band in your other hand, then tuck your elbow into your side, with your palm facing your other hand.
2. Keeping the rest of your arm still, turn your palm towards the floor, then rotate your hand up to complete the exercise.
3. Remember to maintain tension on the exercise band throughout the exercise.

39

Wrist pronation in sitting with a therabar

10 reps 60 seconds rest 3 sets Yellow therabar



How to perform

1. Keeping your elbows tucked into your sides, bend the therabar into a U shape by rotating your hands so your thumbs point towards the ceiling.
2. Then control the bar back to the straight position to complete the exercise.
3. Remember to keep your elbows tucked and shoulders relaxed throughout the exercise.

40

PROM wrist extension in sitting

30 seconds rep 60 seconds rest 3 sets



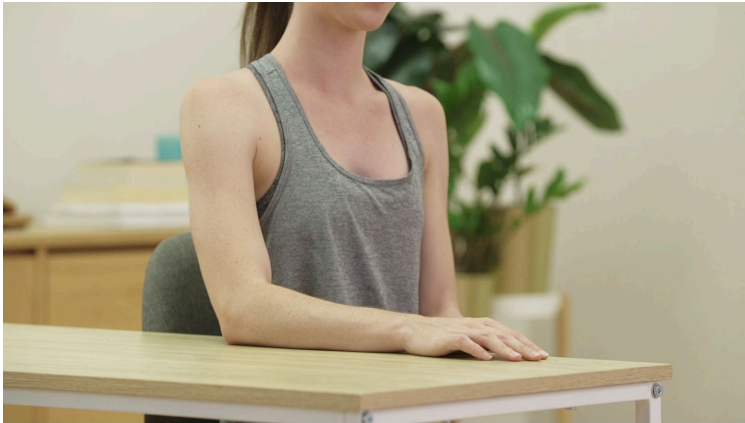
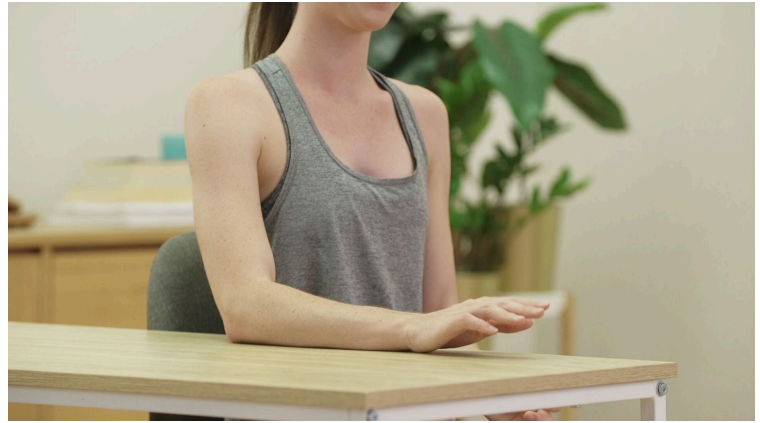
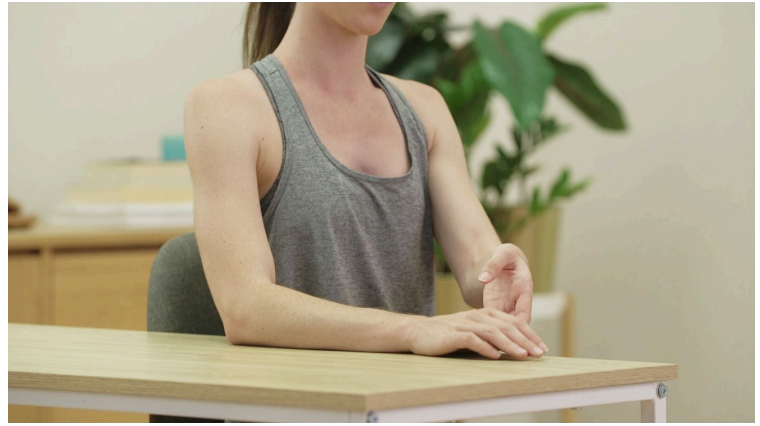
How to perform

1. Using your other hand, extend your wrist and lift your hand off the table as far as comfortable, and then relax to complete the exercise.
2. Remember to keep your forearm on the table throughout the exercise.

41

PROM wrist extension in sitting

10 reps 60 seconds rest 3 sets



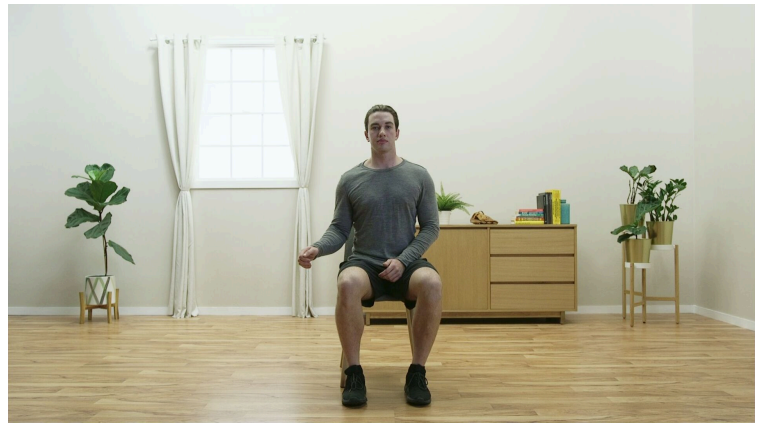
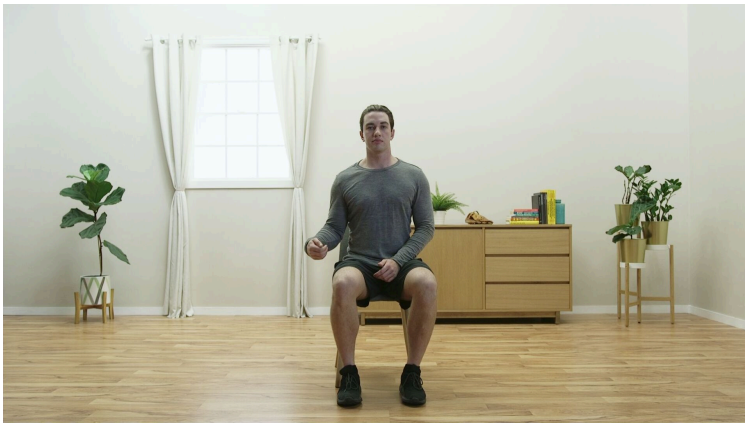
How to perform

1. Keeping the rest of your arm on the table, grip your hands with your other hand and lift your palm off the table.
2. The take your other hand off your hand and lower your hand down to complete the exercise.
3. Remember to use your other hand to complete the movement throughout the exercise.

42

AROM wrist circumduction in sitting

10 reps 60 seconds rest 3 sets



How to perform

1. Bend your elbow to 90 degrees with the palm of your hand facing down.
2. Keeping your hand relaxed, roll your wrist in clockwise circles, and then roll your wrists in anticlockwise circles to complete the exercise.
3. Remember to keep your upper arm still throughout the exercise.

43

AROM wrist circumduction in sitting

10 reps 60 seconds rest 3 sets



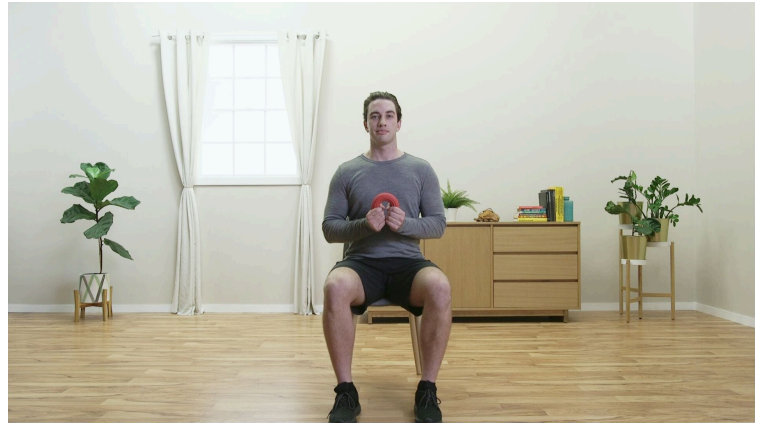
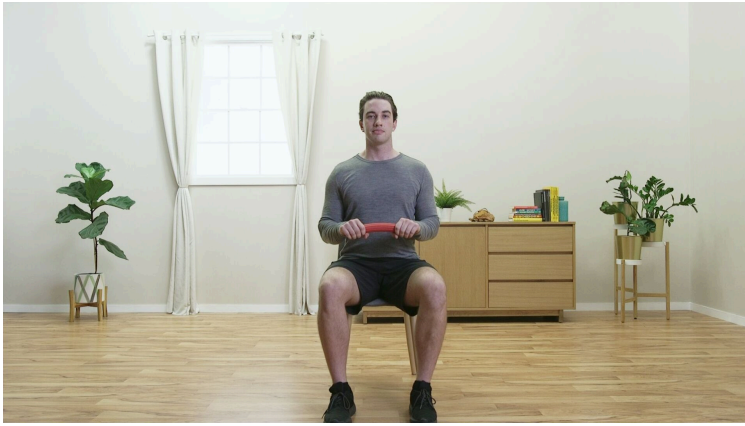
How to perform

1. Keeping your hands relaxed, roll your wrists in clockwise circles and then circle them anticlockwise to complete the exercise.
2. Remember to keep the rest of your arm still throughout the exercise.

44

Wrist supination in sitting with a therabar

10 reps 60 seconds rest 3 sets Yellow therabar



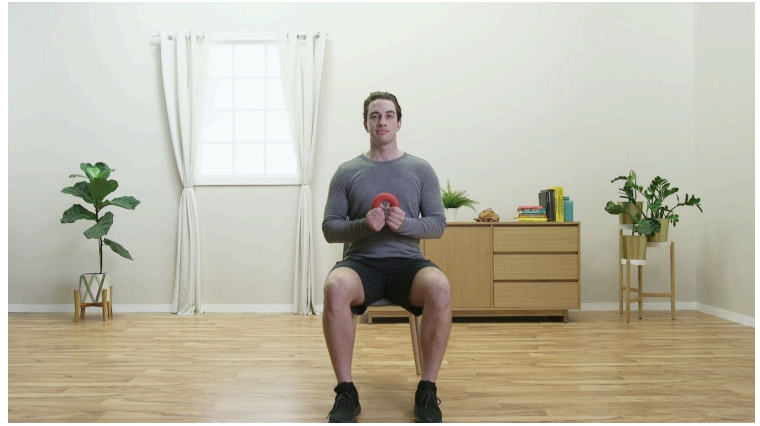
How to perform

1. Keeping your elbows tucked into your sides, bend the therabar into a horseshoe shape by rotating your hand so your thumbs point towards the ceiling.
2. Then control the bar back to the straight position to complete the exercise.
3. Remember to keep your elbows tucked and shoulders relaxed throughout the exercise.

45

Wrist supination in sitting with a therabar

10 reps 60 seconds rest 3 sets Yellow therabar



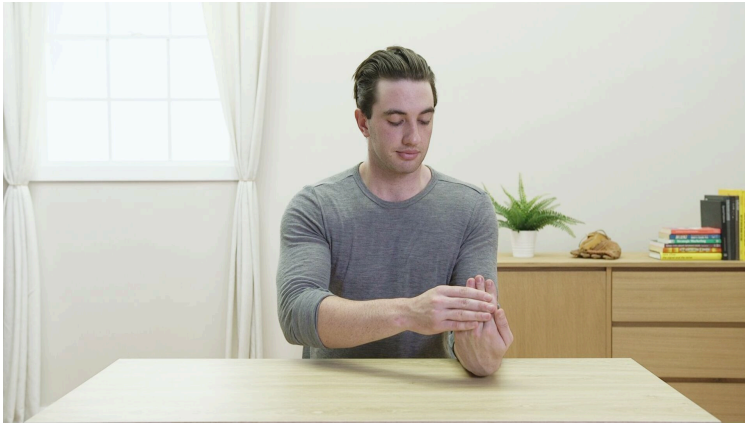
How to perform

1. Keeping your elbows tucked into your sides, bend the therabar into a horseshoe shape by rotating your hand so your thumbs point towards the ceiling.
2. Then control the bar back to the straight position to complete the exercise.
3. Remember to keep your elbows tucked and shoulders relaxed throughout the exercise.

46

PROM wrist flexion in sitting

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Using your other hand, bend your wrist and lift your hand off the table as far as comfortable, and then relax to complete the exercise.
2. Remember to keep your forearm on the table throughout the exercise.

47

AAROM wrist flexion and extension

10 reps 60 seconds rest 3 sets



How to perform

1. Bend your elbow to 90 degrees and have your thumb pointed towards the ceiling.
2. Then grip your hand with your other hand.
3. Keeping your arm still, bend your wrist towards your chest, using your other hand to assist the movement.
4. Then bend your wrist away from your chest, using your other hand to assist the movement, to complete the exercise.
5. Remember to keep your upper arm still throughout the exercise.

48

AROM wrist flexion and extension

10 reps 60 seconds rest 3 sets



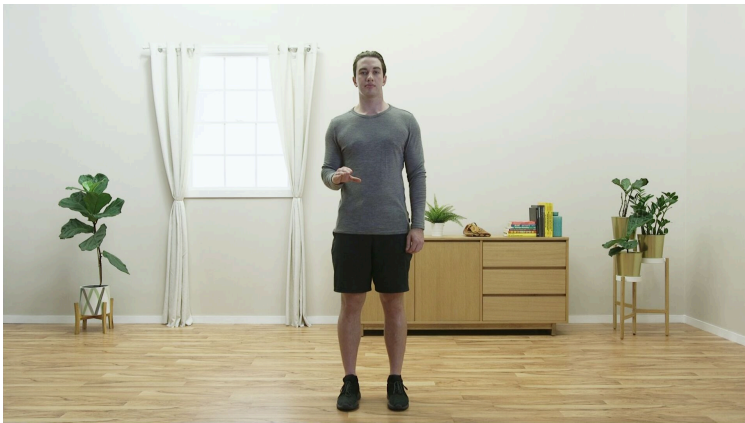
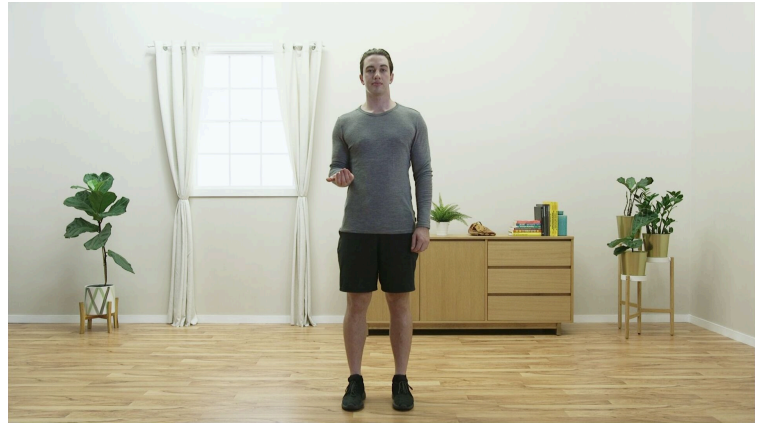
How to perform

1. Bend your elbow to 90 degrees and have your thumb pointed towards the ceiling.
2. Keeping your arm still, bend your wrist forwards towards your chest.
3. Then move your wrist backwards, away from your chest, to complete the exercise.
4. Remember to keep the rest of your body still and move your wrist only throughout the exercise.

49

AROM wrist pronation and supination in sitting

10 reps 60 seconds rest 3 sets



How to perform

1. Bend your elbow to 90 degrees with the palm of your hand facing across your body.
2. Keeping your upper arm still, rotate your hand outwards so your palm moves to face the ceiling.
3. Then turn rotate your hand towards the floor to complete the exercise.
4. Remember to keep your upper arm still throughout the exercise.

Andreas Bjerregaard

Wrist

How Often

Every 7 days

When

Any time

Exercise Name	\	\	\	\	\
Wrist extensor stretch					
Wrist tendesis					
Wrist extensors STM					
Wrist flexor stretch					
Wrist flexors STM					
Wrist flexion and extension stretch					
Combined wrist AROM in cradle support					
Combined wrist AROM					
AROM wrist circumduction					
Wrist flexors stretch in sitting					
Wrist pronation with a ball in supine					
Wrist supination with a ball in supine					
Wrist supination with a ball in supine					
Wrist supination and pronation					
Assisted wrist supination stretch					
Bilateral wrist and finger stretch					
Isometric wrist pronation					
Isometric wrist supination					
Isometric wrist extension in sitting					
Isometric wrist supination in sitting					
Isometric wrist flexion in sitting					
Bilateral wrist and finger stretch in sitting					

Exercise Name	\	\	\	\	\
Isometric wrist supination in supine					
Isometric wrist flexion in sitting					
Isometric wrist extension in sitting					
Isometric wrist flexion in sitting					
Wrist pronation in sitting with a ball					
Wrist supination in sitting with a ball					
Wrist supination in sitting with a dumbbell					
Wrist flexion in sitting with a dumbbell					
Wrist pronation in sitting with a dumbbell					
Wrist extension in sitting with a dumbbell					
Wrist extension in sitting with a ball					
Wrist extension in sitting with a ball					
Wrist extension in sitting with an exercise band					
Wrist supination in sitting with an exercise band					
Wrist flexion in sitting with an exercise band					
Wrist pronation in sitting with an exercise band					
Wrist pronation in sitting with a therabar					
PROM wrist extension in sitting					
PROM wrist extension in sitting					
AROM wrist circumduction in sitting					
AROM wrist circumduction in sitting					
Wrist supination in sitting with a therabar					
Wrist supination in sitting with a therabar					

Exercise Name	\	\	\	\	\
PROM wrist flexion in sitting					
AAROM wrist flexion and extension					
AROM wrist flexion and extension					
AROM wrist pronation and supination in sitting					

Exercise Name	\	\	\	\	\
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Wrist tendesis					
Wrist extensors STM					
Wrist flexor stretch					
Wrist flexors STM					
Wrist flexion and extension stretch					
Combined wrist AROM in cradle support					
Combined wrist AROM					
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Wrist flexion in sitting with a dumbbell					
Wrist pronation in sitting with a dumbbell					
Wrist extension in sitting with a dumbbell					
Wrist extension in sitting with a ball					
Wrist extension in sitting with a ball					
Wrist extension in sitting with an exercise band					
Wrist supination in sitting with an exercise band					
Wrist flexion in sitting with an exercise band					
Wrist pronation in sitting with an exercise band					
Wrist pronation in sitting with a therabar					
PROM wrist extension in sitting					
PROM wrist extension in sitting					
AROM wrist circumduction in sitting					
AROM wrist circumduction in sitting					
Wrist supination in sitting with a therabar					
Wrist supination in sitting with a therabar					

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