

Strength – Upper body

Wrist (rotation)



Sit supported on a chair with the forearm resting either on a table or along the arm of the chair.

Holding a small weight in the palm of the hand (such as a bottle of water), alternate between palm up to palm down.



Comments

- Do not try to overextend the wrist.
- Remember to relax the shoulders.

Functional application

Wrist strength is required for tasks such as turning a door knob, or using a kitchen spatula while cooking.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions

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