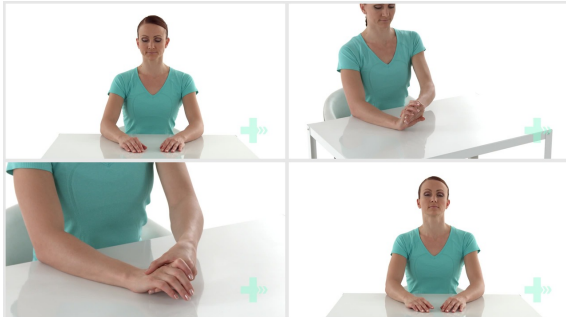


True2Form Massage Therapy  
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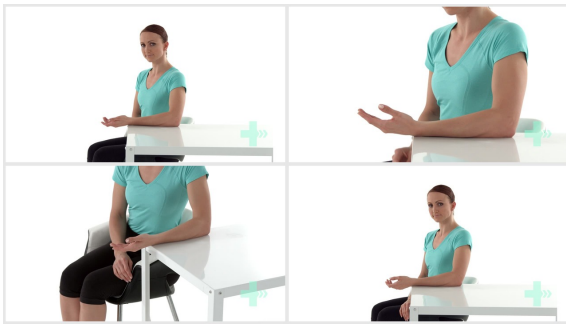
3 Sets / 5 Reps / 15 s hold



### 1. Wrist extension PROM, palm down in sitting; 01

Start in a seated position with your forearm resting on a table and your affected hand palm down.  
 Keep your fingers relaxed.  
 Use your other hand to lift your affected hand up, stretching the front of your wrist.  
 Hold this position.

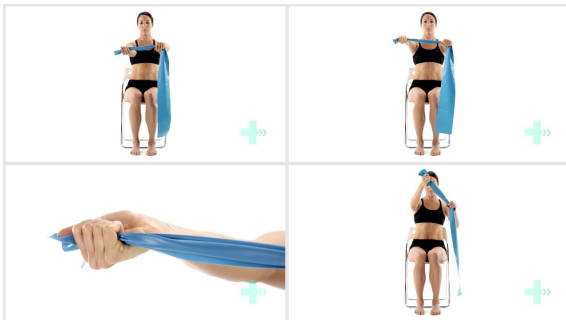
3 Sets / 10 Reps



### 2. Wrist flexion strengthening eccentric lowering hand (palm up) - lifting PROM with opposite hand, in sitting; 01

Start in a seated position with your forearm resting on a table with your palm facing upwards.  
 Using the other hand, lift your wrist up, keeping your forearm in contact with the table.  
 Remove your other hand and then slowly lower your raised hand back down without support.

3 Sets / 10 Reps



### 3. Wrist radial deviation with band, palms up arms forward in sitting; 01

Start in a seated position.  
 Grasp the resistance band with both hands with your palms facing up and bring your arms straight out in front of you.  
 Move your hand to the side so that your thumb moves away from you.  
 Keep the arms still throughout.  
 This is a very slight movement.