



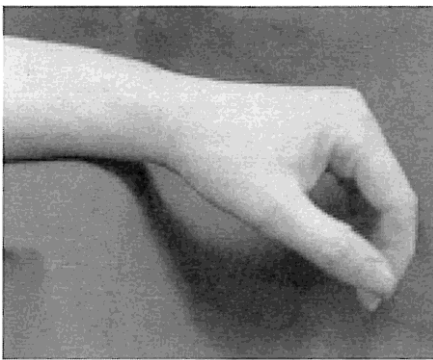
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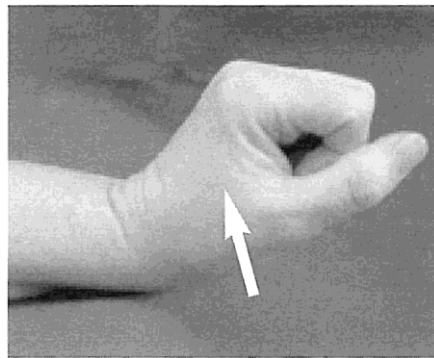
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WRIST ACTIVE EXERCISES

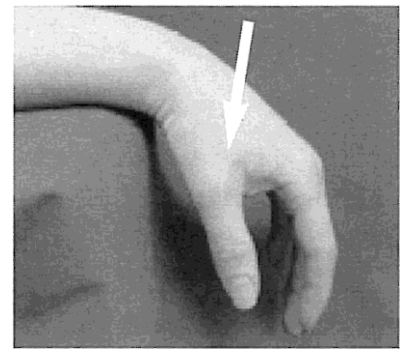
Perform each exercise 5 times a day



START



1.



2.

Place your wrist over the edge of a table in the "START" position.

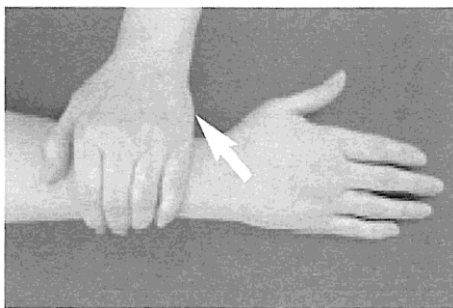
1. With your fingers in a gentle fist position, try to lift your wrist up as far as possible. Hold for a count of 3 secs. Relax and return to the starting position. Repeat 5 times.

2. With your fingers open and relaxed, try to bend your wrist down as far as possible. Hold for a count of 3, Relax and return to start position. Repeat 5 times.

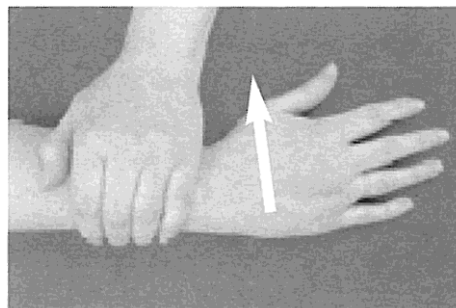
OR

With your fingers in a gentle fist position, try to lift your wrist up as far as possible. Hold for a count of 3 secs.

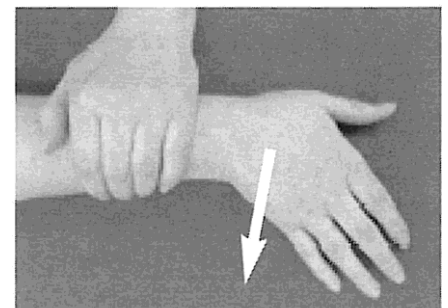
Then with fingers open and relaxed, try to bend your wrist down as far as possible. Hold for a count of 3 secs. Repeat 5 times.



START



3.



4.

Begin the exercise by holding your forearm securely with your other hand.

3. Bend your wrist towards the thumb side of your hand. Hold for a count of 3 secs. Return to the starting position. Repeat 5 times.

4. Bend your wrist towards the little finger side of your hand. Hold for a count of 3seconds. Return to the starting position. Repeat 5 times.

OR

Begin the exercise by holding your forearm securely with your other hand. Bend your wrist toward the thumb side of your hand. Hold for a count of 3 seconds. Then move your wrist towards the little finger side of your hand. Hold for a count of 3 secs. Repeat 5 times.