



# Personal Exercise Program

## Agility Orthopedics

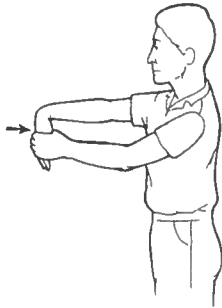
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Provided by : Physical Therapist

Date : 2/8/2017



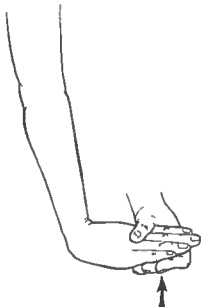
1. Hold painful wrist as shown
2. Bend the wrist until you feel a stretch
3. Hold 30 seconds
4. Perform 2 repetitions, 2 times per day

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1. Hold painful wrist as shown
2. Bend the wrist until you feel a stretch
3. Hold 30 seconds
4. Perform 2 repetitions, 2 times per day

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1. Hold painful wrist as shown, making sure to keep fingers straight
2. Bend the wrist and fingers upward until you feel a stretch
3. Hold 30 seconds
4. Perform 2 repetitions, 1-2 times per day

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1. Hold hammer or stick with weight in painful hand as shown
2. Turn hand to a thumb up position
3. Perform 3 sets of 10 repetitions, 1-2 times per day

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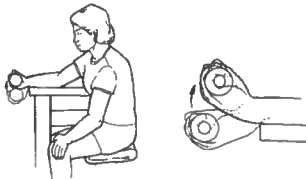
2/8/2017 Agility Orthopedics

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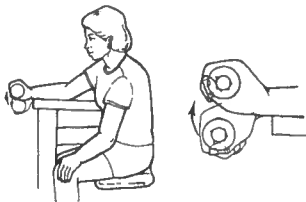
1. Hold hammer or stick with weight in painful hand as shown
2. Turn hand to a thumb up position
3. Perform 3 sets of 10 repetitions, 1-2 times per day

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1. Sit or stand with involved arm supported as shown
2. Hold small weight in hand
3. Curl wrist slowly upward
4. Hold 2-3 seconds, slowly lower
5. Perform 3 sets of 10 repetitions, 1 time per day

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1. Sit or stand with involved arm supported as shown
2. Hold small weight in hand
3. Curl wrist slowly upward
4. Hold 2-3 seconds, slowly lower
5. Perform 3 sets of 10 repetitions, 1 time per day

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1. Stand with involved arm straight, palm facing forward as shown
2. Hold dumbbell weight
3. Bend elbow as shown
4. Perform 3 sets of 10 repetitions, 1 time per day

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