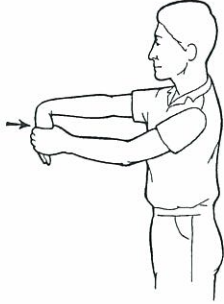


Provided by : Agility Physical & Occupational Therapy

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

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