### Wrist Flexor Stretch
- Place your arm in front of your body with your palm facing up.
- Extend your wrist.
- Apply overpressure with opposite hand.
- Hold for 30 seconds.
  Reps: __________

### Wrist Extensor Stretch
- Place your arm in front of your body with your palm facing down.
- Flex your wrist.
- Apply over pressure with the opposite hand.
- Hold for 30 seconds.
  Reps: __________

### Finger Extension
- Place an elastic band around your fingers.
- Splay your fingers against the resistance.
- Relax and return them to the starting position.
  Reps: __________
  Sets: __________

### Wrist Flexion
- Hold a weight and place your palm facing up.
- Flex your wrist.
- Return to the start position. Repeat.
  Reps: __________
  Sets: __________

### Wrist Extension
- Hold a weight and place your palm facing down.
- Extend your wrist.
- Return to the start position. Repeat.
  Reps: __________
  Sets: __________

### Grip Strength
- Hold a tennis ball, stress ball or other soft object in your hand.
- Squeeze the object tight and hold for 10 seconds.
- Relax.
  Reps: __________
  Sets: __________

### Pronation/Supination
- With your elbow bent hold a weight in your hand.
- Rotate your forearm so that your palm faces down.
- Then rotate it in the reverse direction until your palm faces up.
  Reps: __________
  Sets: __________
Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.