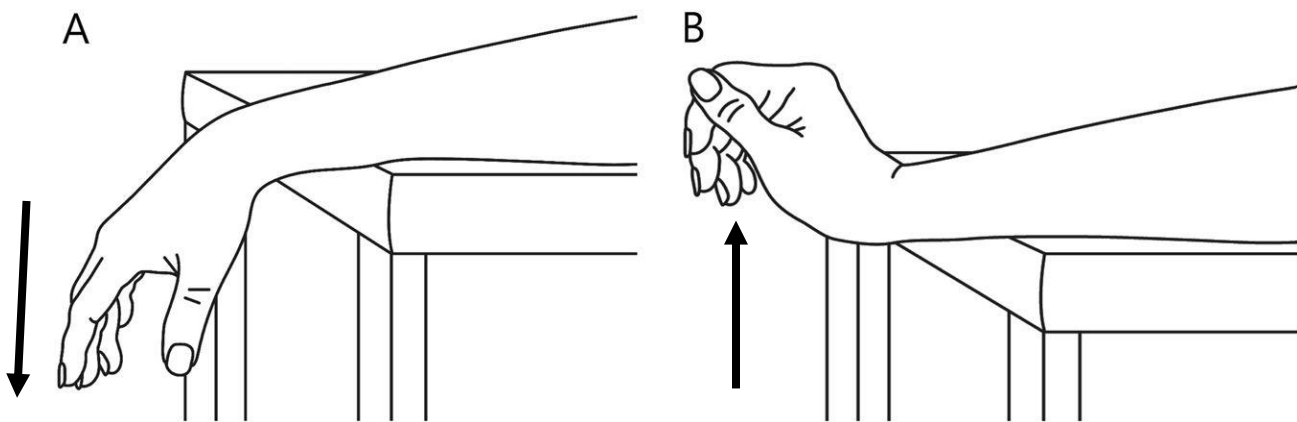




WRIST RANGE OF MOTION: FLEXION/EXTENSION



- WITH FOREARM STABLE, PLACE WRIST OVER THE EDGE OF SURFACE
- BEND WRIST DOWN TOWARDS THE FLOOR WITH FINGERS STRAIGHT (**FLEX** THE WRIST)
- BEND WRIST UP TOWARDS THE CEILING WITH FINGERS IN A FIST (**EXTEND** THE WRIST)
- **PLACE AND HOLD:** USE UNINVOLVED HAND TO ASSIST THE INJURED HAND TO ACHIEVE END RANGE OF MOTION. HOLD END RANGE WITH THE POWER OF THE INJURED HAND (5 SECOND HOLD)
- PERFORM BIG WRIST CIRCLES, 10X IN BOTH DIRECTIONS