

Wrist Stability and Strengthening

With Isometric Exercises



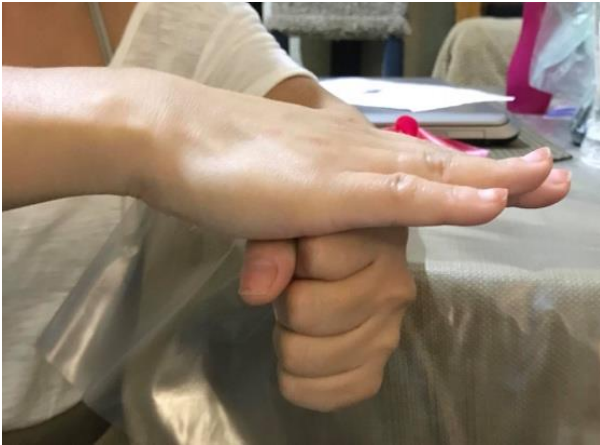
Palm Up/ Wrist Up

Put your other hand on top. Push your palm up against resistance
Hold for 6 secs. for 6 Reps x 2 sets



Palm Down/ Wrist Down

Put your other hand on top. Push your wrist up against resistance.
Hold for 6 secs. for 6 Reps x 2 sets



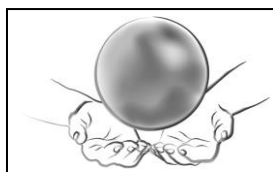
Hitchhiker/ Wrist Out

Put your other hand on top. Push your fist up against resistance.
Hold for 6 secs. for 6 Reps x 2 sets



Pound Your Fist/ Wrist Out

Put your other hand beneath. Push your fist down against resistance.
Hold for 6 secs. for 6 Reps x 2 sets



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