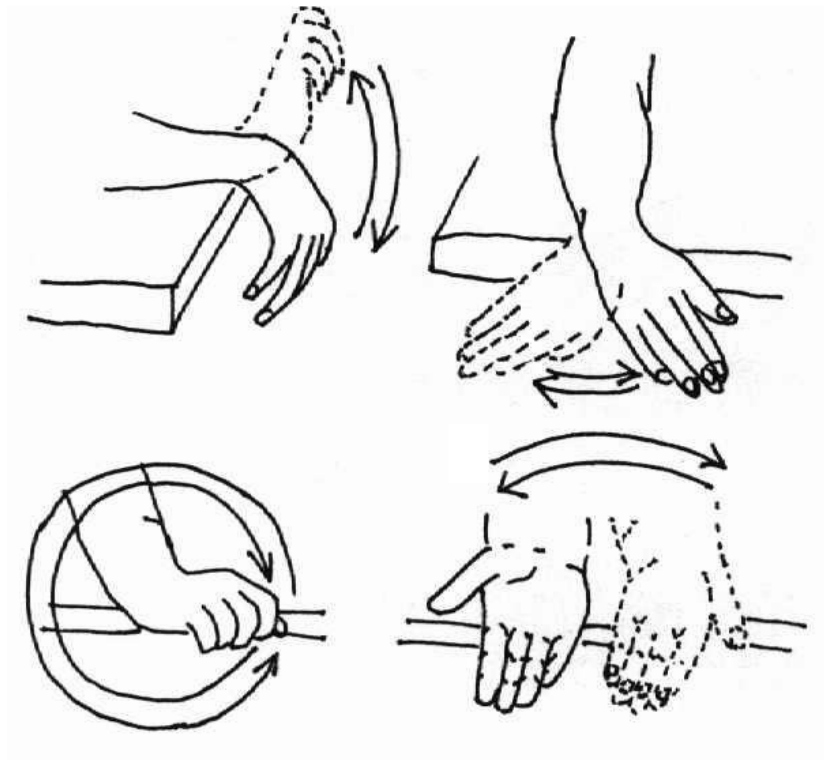




Advice Sheet AS19: Exercises for the Wrist

Exercises and care of the Wrist

1 & 2



3 & 4

1. Bend your wrist downwards and upwards over the edge of the table.
2. Side bend your hand towards the thumb side, then towards the little finger side.
3. Rotate your wrist clockwise and then anticlockwise.
4. Turn your palms up towards the ceiling and the down to the floor.