

Wrist Extension (Strength)

This exercise is for your right forearm and wrist. Switch sides for your left forearm and wrist.

1. Sit in a chair. Hold a hand weight in your right hand. Your health care provider will tell you what size of hand weight to use.
2. Lean your forearm on your thigh or a table. Bend your elbow to about 90 degrees. With your palm down, hang your wrist off the end of your knee or the edge of the table.
3. Keep your forearm in place and bend your wrist upward. Hold your elbow still and only move your wrist. Lift the hand weight as high as you can above the table or your thigh. Keep your palm facing forward and avoid rotating your wrist. Keep your grip on the weight. Do not extend your arms or lean forward or backward.
4. Slowly lower the hand weight back down.
5. Repeat 5 times, or as instructed.

