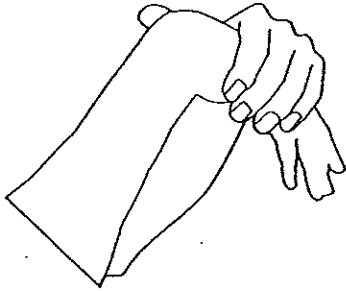
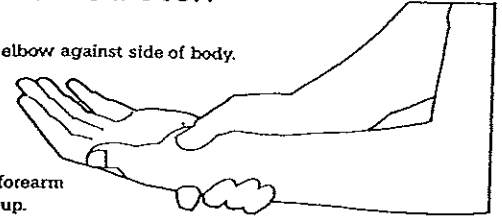


*Wrist Flexion  
Passive  
Stretch*



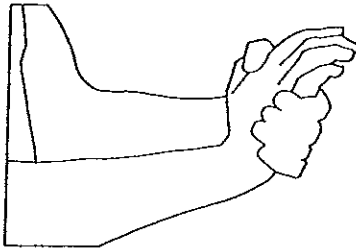
- Bend wrist forward.
- Stretch with other hand.
- Hold position and remove other hand.

*Forearm  
Supination/Pronation  
Passive Stretch*

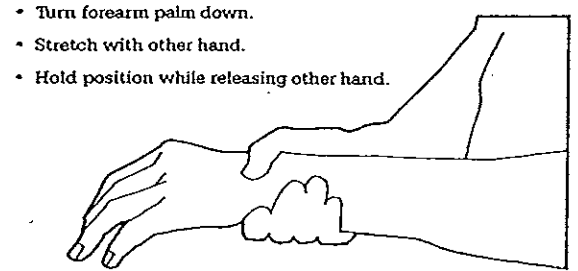


- Tuck elbow against side of body.
- Turn forearm palm up.
- Stretch with other hand. • Hold while releasing other hand.

*Wrist Extension  
Passive  
Stretch*

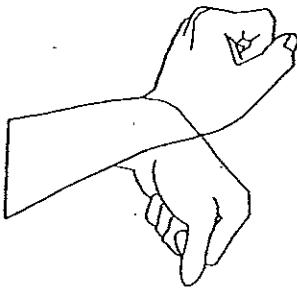


- Bend wrist back.
- Stretch with other hand.
- Hold position and remove other hand.



- Turn forearm palm down.
- Stretch with other hand.
- Hold position while releasing other hand.

*Active Wrist  
Flexion/  
Extension*



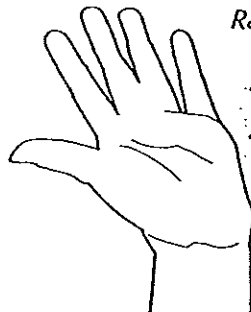
- With a loosely closed fist, bend wrist forward and backward.



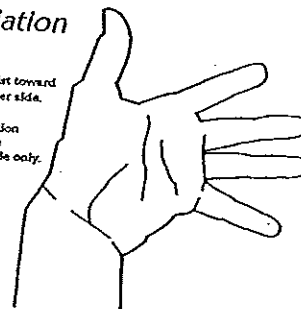
*Active  
Forearm  
Supination/  
Pronation*

- Tuck elbow against side of body.
- Turn forearm palm up.
- Turn forearm palm down.

*Active Wrist  
Radial and Ulnar Deviation*



- Bend wrist toward thumb side.
- Wrist motion should be side to side only.



- Bend wrist toward little finger side.
- Wrist motion should be side to side only.