

Strengthening Forearm, Wrist & Hand



Extensor Strengthening

- Step 1: Sit, elbow bent, forearm on thigh, anchored with other hand
- Step 2: Thera-Band held in hand, other end secured under foot, slowly bend wrist back, toward ceiling hold 2 seconds
- Step 3: Slowly lower to neutral position
- Step 4: Repeat exercise 8-12 times