

Strengthening Forearm, Wrist & Hand

Beginning Position



Wrist Supination



Supinator Strengthening

- Step 1: Wrap Thera-Band around both hands, elbows bent, hands shoulder width apart
- Step 2: Palms facing each other, slowly turn hands up until hands face ceiling, hold 2 seconds
- Step 3: Slowly return to starting position
- Step 4: Repeat exercise 8-12 times