

Erbst OrthoSport



Resisted Wrist Flexion

Sit holding _____ pound dumbbell or a theraband with elbow and forearm resting in lap and with palm facing upward. If using a theraband, loop theraband around your hand once, and allow the loose end to thread between your middle finger and ring finger. Step on the loose end with your foot. Keeping elbow and forearm stationary, pull your wrist upwards. Then slowly lower to the starting position.

Perform _____ repetitions, _____ sets, _____ times per week.

Erbst OrthoSport Physical Therapy

(919) 612-1673