

## Erbst OrthoSport Physical Therapy



### Resisted Wrist Radial deviation

Sit holding \_\_\_\_\_ pound dumbbell or a theraband with elbow and forearm resting in lap and with thumb up, as if you are holding a hammer. 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.

Repeat \_\_\_\_\_ times, do \_\_\_sets, \_\_\_\_\_ times per day.

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