

Erbst OrthoSport



Resisted Wrist Ulnar Deviation

Sit holding a theraband with elbow and forearm resting in lap and with palms facing downward. Loop theraband around your hands once, and allow the loose end to thread between your thumb and fingers. Keeping elbow and forearm stationary, pull your hands towards the outside. Then slowly return to the starting position.

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

Erbst OrthoSport Physical Therapy

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