**HAND • 22 Wrist Extension: Isometric**

With forearm resting palm down on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.
Repeat _5_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

**HAND • 23 Wrist Radial Deviation: Isometric**

With forearm resting on thigh, thumb up, use other hand to resist upward movement of hand at wrist.
Hold 10 seconds. Relax.
Repeat _5_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

**HAND • 21 Wrist Flexion: Isometric**

With forearm resting palm up on thigh, resist upward movement of hand with other hand. Hold 10 seconds. Relax.
Repeat _5_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

**HAND • 24 Wrist Ulnar Deviation: Isometric**

With forearm resting on thigh, thumb up, use other hand to resist downward movement of hand at wrist.
Hold 10 seconds. Relax.
Repeat _5_ times per set. Do _2_ sets per session. Do _2_ sessions per day.