



10. WRIST ROTATIONS



- Rotate wrist inward 10x. Reverse
- Rotate wrist outward 10x = 1 set
- Perform 3 sets



MUSCLES ACTIVATED

- Flexor Carpi Radialis
- Pronator Teres
- Palmaris Longus
- Flexor Carpi Ulnaris

JOINTS ENGAGED

- RCJ : Radiocarpal
- ICJ : Intercarpal

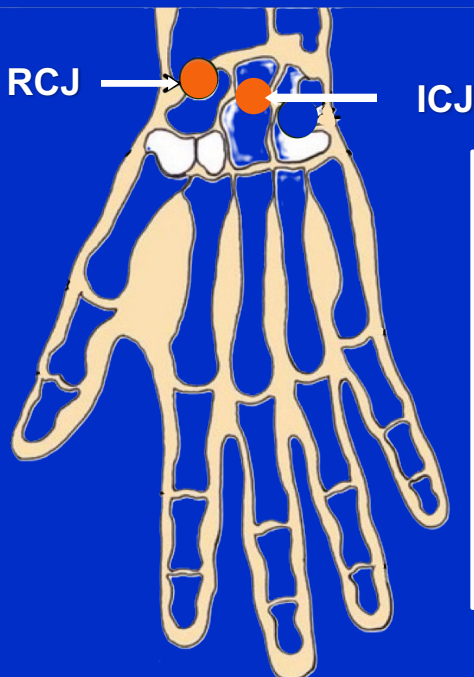
FLEXOR
CARPI RADIALIS

PRONATOR
TERES

PALMARIS
LONGUS

FLEXOR
CARPI ULNARIS

ANTERIOR FOREARM



JOINTS OF THE WRIST

- Dynamic Stretch .1
- Thumb Extensions .2
- Thumb Rotations .3
- Finger Extensions .4
- Finger Laterals .5
- Finger Rotations .6
- MCP 90° .7
- Fist-To-Claw .8
- Wrist Extensions .9
- WRIST ROTATIONS .10**

10 EXERCISE PROGRAM