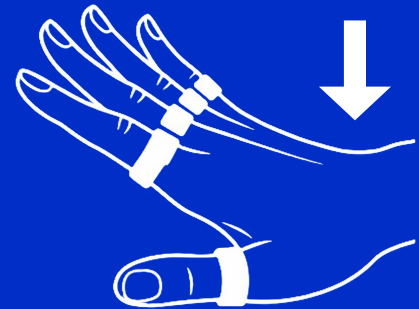
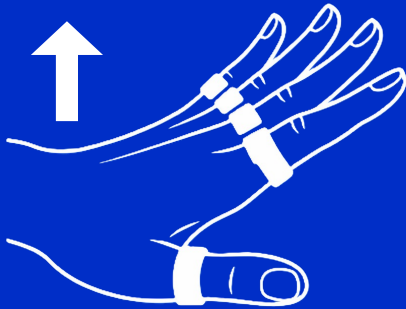




9. WRIST EXTENSIONS



- Extend wrist upward. Hold. Reverse
- Flex wrist downward. Hold = 1 rep
- 10 Reps = 1 set / Perform 3 sets

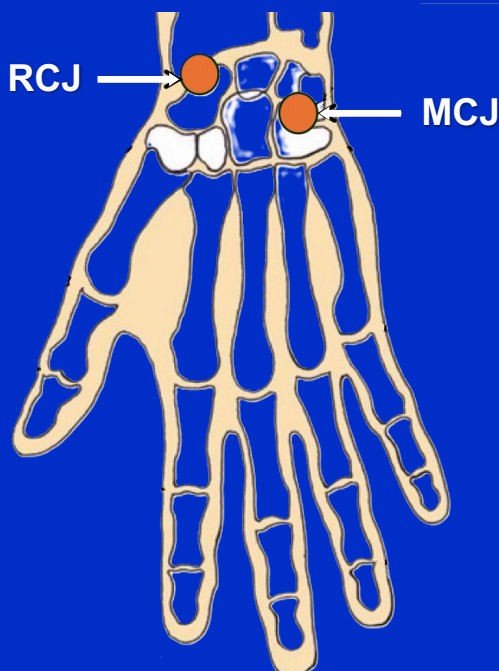
MUSCLES ACTIVATED

- Flexor Carpi Radialis
- Flexor Carpi Ulnaris
- Palmaris Longus

JOINTS ENGAGED

- MCJ : Midcarpal
- RCJ : Radiocarpal

JOINTS OF THE WRIST



FLEXOR CARPI RADIALIS

PALMARIS LONGUS

FLEXOR CARPI ULNARIS



FLEXOR MUSCLES

- 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