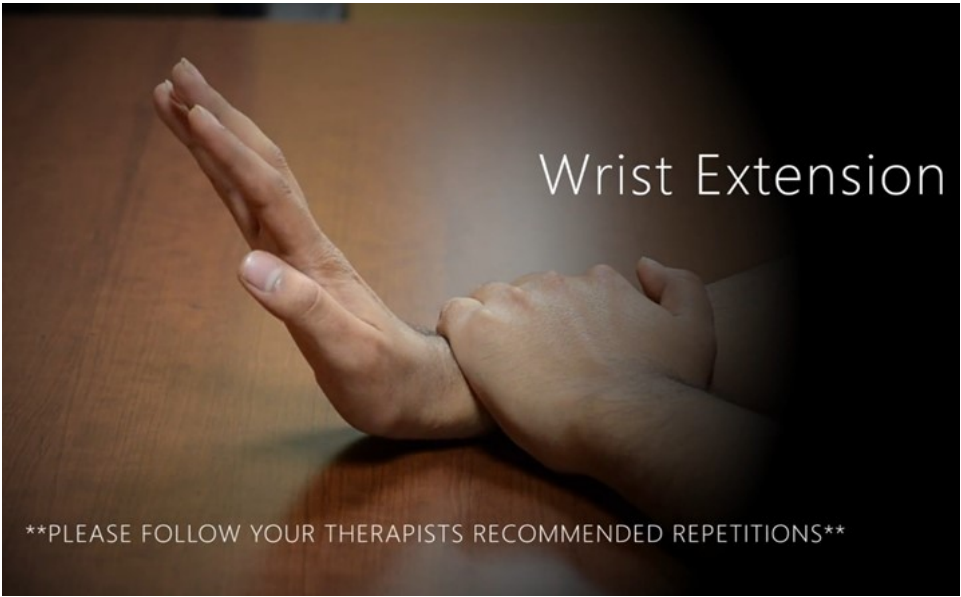


Rest your affected hand on a table with your palm facing down. Use your other hand to support your affected hand.



Next, slowly bend your affected wrist up. After, slowly bring down your wrist back to the table.

_____ Sets

_____ Repetitions

