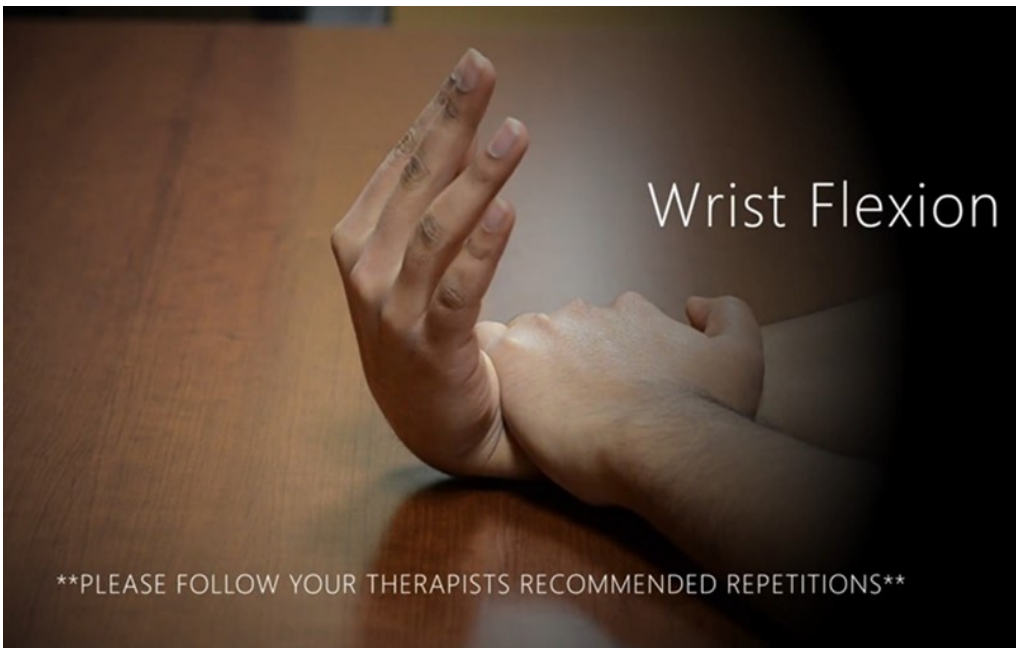


**Rest your affected hand on a table with your palm facing up. Use your other hand to support your affected hand.**



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

\_\_\_\_\_ **Sets**

\_\_\_\_\_ **Repetitions**

