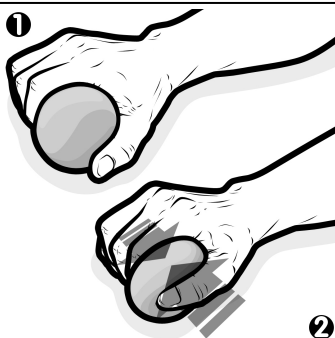


GRIP STRENGTHENING

Hold a hand-exerciser ball in the palm of your hand (1). Squeeze the ball until it is about 50% depressed (2). Hold for 5-10 seconds then relax and repeat.

SETS & REPS: 6-10 times

FREQUENCY: Daily

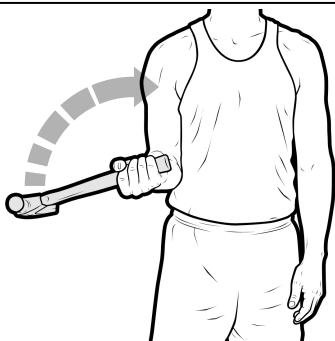


KEY PINCH

Hold a hand-exerciser ball between the side of the thumb and the side of the index finger (1). With straight fingers, squeeze the ball until it is about 50% depressed (2). Hold for 5-10 seconds then relax and repeat.

SETS & REPS: 6-10 times

FREQUENCY: Daily

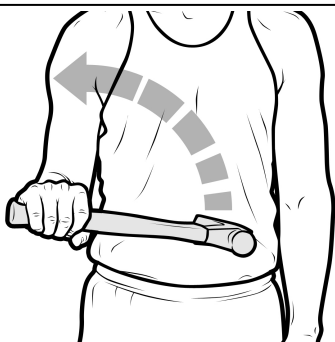


PRONATION STRENGTHENING

Hold the base of the hammer with your fist facing palm-up while keeping your elbow bent to 90° and tucked against your side, slowly rotate your forearm until the hammer is upright. Lower the hammer to the start position and repeat. Use a dumbbell or something heavier if you need to.

SETS & REPS: 6-12 times, 2 set

FREQUENCY: Daily



SUPINATION STRENGTHENING

Hold the base of the hammer with your fist facing palm-down so the head of the hammer is in front of your body. While keeping your elbow bent to 90° and tucked against your side, slowly rotate your forearm until the hammer is upright. Slowly lower the hammer to the start position and repeat. Use a dumbbell or something heavy if needed.

SETS & REPS: 6-12 times, 2 set

FREQUENCY: Daily



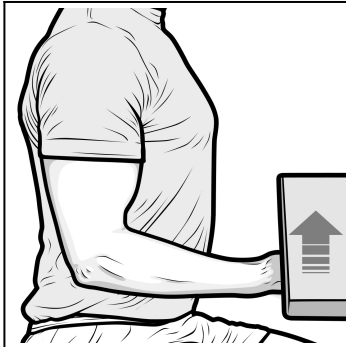
ISOMETRIC WRIST EXTENSION

Sitting at a table with elbow bent to 90° and palm facing the floor underneath a table, push back of hand upwards into table and hold for 10 secs. Ensure contraction is comfortable. Relax and repeat. If no table is available can use other hand as counterforce.

SETS & REPS: 3-5 times, 2 sets

FREQUENCY: 1-2 a day

'GET STRONG' - HAND AND WRIST EXS



ISOMETRIC WRIST FLEXION

Sitting at a table with elbow bent to 90° and palm facing underneath of table, push palm upwards into table and hold for 10 secs. Ensure contraction is comfortable. Relax and repeat. If no table is available can use other hand as counterforce.

SETS & REPS: 3-5 times, 2 sets

FREQUENCY: 1-2 daily