



Wrist Stabilization Program

1. Blood Pressure Cuff with Hand Helper
2. Twist Bar – Pronator Quadratus
3. Ball – Both Hands
4. Abductor Pollicis Brevis – Digi-extender
5. Weighted Ball – Palm Down with Squeeze
6. Extensor Isometrics
7. Maze Stick
8. Shoulder Blade
9. Mirror Box Therapy
10. Eccentrics – Extensors
11. Dart Throws – Motion
12. Slash Pipe
13. Power Web with Ball (Bounce)
14. Wall Push/Medicine Ball
15. Laser Pointer
16. Gyro Ball
17. Wobble Board
18. Putty Pokes