

Wrist Sprain Rehabilitation Exercises



Wrist range of motion



Wrist stretch



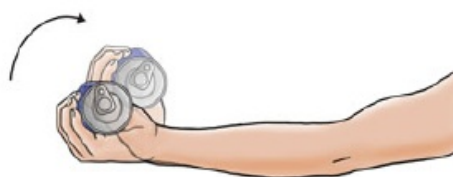
Wrist extension stretch



Wrist flexion stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Grip strengthening