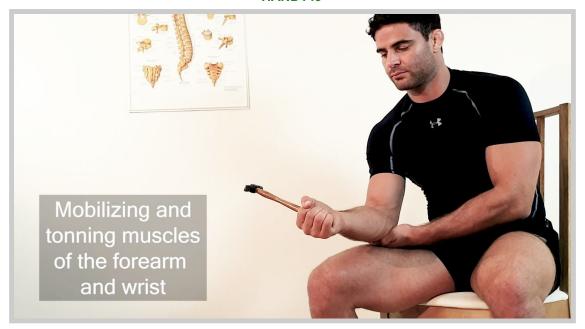
WRIST MOBILISATION EXERCISE

HAND149



AREAS AFFECTED	ADVICE
The wrist joint The forearm	Grip a small hammer and place the flexed elbow on your leg for support. Slowly rotate the hammer fully in each direction. Repeat several times.