



Wrist/Forearm | Flexion

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Flex your wrist up and down, your palm facing upward.



Wrist/Forearm | Extension

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Extend your wrist up and down, your palm facing downward.



Wrist/Forearm | Abduction

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Flex your wrist up and down, your thumb facing upward.



Wrist/Forearm | Adduction

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Stretch your arm alongside your body, your thumb facing forward. Flex your wrist forward and backwards.