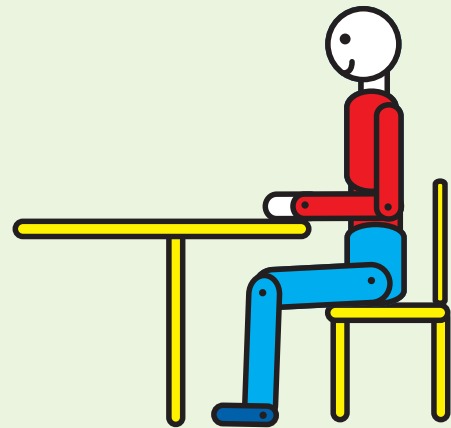


Exercise 12

Wrist control

Starting position: Sitting at a table

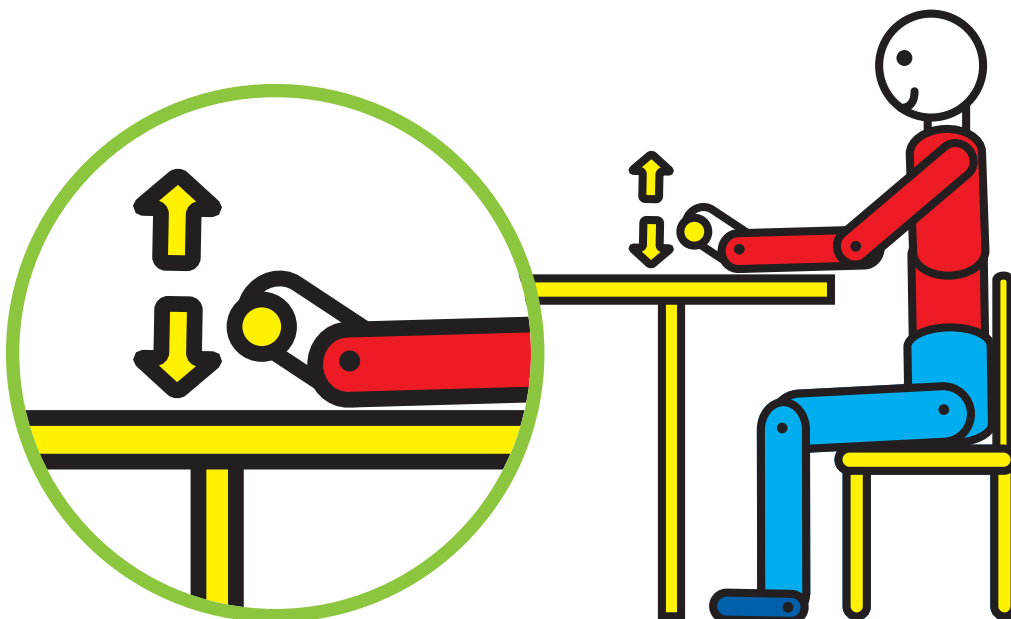


Step one

Holding an umbrella, pole or rolling pin with both hands, rest your forearms on the table.

Step two

Lift the pole by extending the wrists, then lower. Keep your forearms on the table all the time. Repeat 3-5 times.



If you have problems/concerns, talk to a physiotherapist.