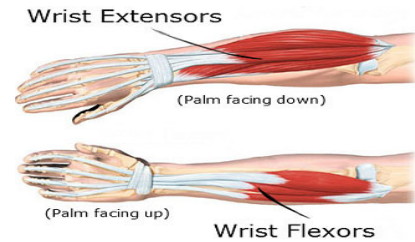


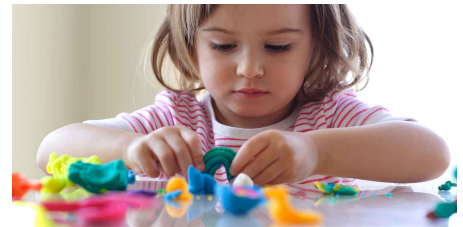
Wrist

Wrist Joint



The wrist joint is supported by two groups of muscles; extensors (back of forearm) and flexors (front of forearm) as they cross the wrist joint.

Importance of Wrist Stabilization



- The balance of extensor and flexor muscles is important for fine motor tasks, speed, and precision.
- With normal development, wrist joint should be straight or slightly extended for functional hand use.
- Wrist joint is less functional in the flexed position

Therapeutic Exercises to increase wrist stability

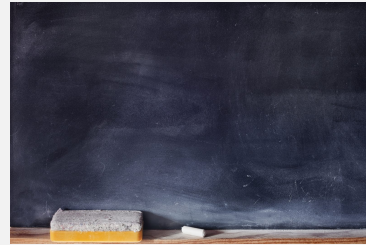
Wheelbarrow walks





**STEPS TO
SUCCESS**

**Write on a chalk board
Work on a vertical surface**



**Shift weight forward from a cat
position, then left the legs up behind
or side/side**



**Tracing Rt hand on a paper with Lt
hand from a standing position**



Rolling play dough with rolling pins

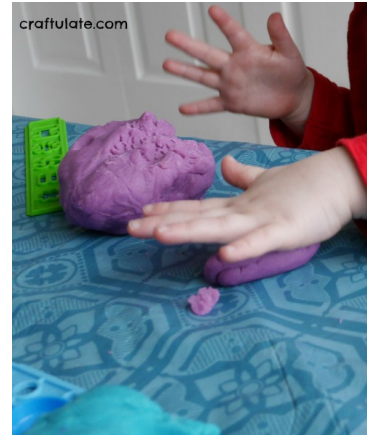


Crab walk





Flattening the paly dough



Using stencils to make shapes.



Wall pushups.

