



# Artistic ADVANTAGE

PERSONALIZED HAND THERAPY | PERFORMING ARTS MEDICINE

## *Wrist Isometrics for Stabilization*

Hold for 5 secs. for 5 Reps x 2 sets



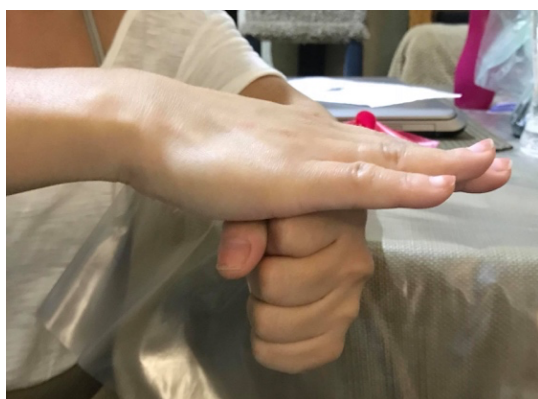
### **Palm Up/ Wrist Up**

Put your other hand on top. Push your palm up against resistance



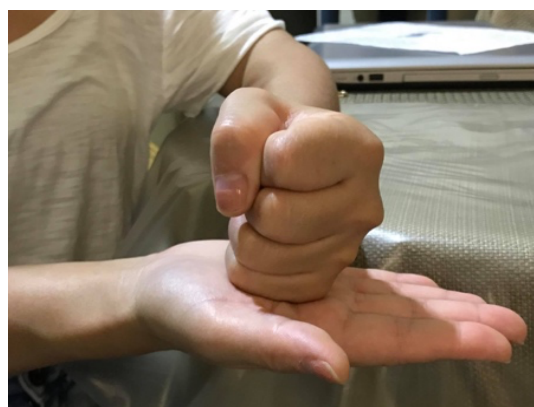
### **Palm Down/ Wrist Down**

Put your other hand on top. Push your wrist up against resistance.



### **Hitchhiker/ Wrist Out**

Put your other hand on top. Push your fist up against resistance.



### **Press Your Fist/ Wrist Out**

Put your other hand beneath. Press fist down against resistance.

**Artistic Advantage**

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**\*\* This is not a substitution for medical supervision \*\*\***