

## Therapy Putty - Wrist Mobilization Exercises

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### Notes :

Wrist mobilization exercises help increase the mobility of your carpal bones and wrist in general.

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### 1 Putty: weight bearing



**Sets: 2 Reps: 10**

Stand at a table.

Place the putty on the table.

Keep your elbow straight and press your open palm into the putty.

Repeat.



### 2 Putty: Press between palms



**Sets: 2 Reps: 10**

Place the putty between your palms in front of you.

Flatten the putty as you push your palms against each other with your fingers straight.

Repeat.

You can raise your elbows up higher for more wrist extension and stretch.

Repeat.




## Therapy Putty - Wrist Mobilization Tracking Sheet

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Date							
<b>1 Putty: weight bearing</b>							Sets: 2 Reps: 10
							
<b>2 Putty: Press between palms</b>							Sets: 2 Reps: 10
