Grip Strengthening
- Squeeze the ball in your involved hand
  - A) Hold for 3 secs and work your way up to 10 seconds
  - B) Pulsating technique: Squeeze and relax

Supination / Pronation Stretch
- A) Holding a hammer in your involved hand palm facing inwards and rotating your forearm so that your palm is facing up until you feel a stretch and hold for 20-30 seconds
- B) Holding a hammer (weighted end distal) with your involved hand palm facing inwards and rotating your forearm so that your palm is facing down until you feel a stretch and hold for 20-30 seconds

Wrist Flexion Stretch
- Hold out your involved arm straight out in front of you with palm facing down and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds

Wrist Extension Stretch
- Hold out the involved arm straight out in front of you with palm up and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds

Wrist Flexion Stretch
- Hold out your involved arm straight out in front of you with palm facing down and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds

Wrist Extension Stretch
- Hold out the involved arm straight out in front of you with palm up and making sure to keep your elbow straight
- With your other hand pull your fingers on the involved hand down
- Hold for 20-30 seconds

Self Massage
- Grab your affected forearm with your opposite hand & start gently rubbing your skin around the axis of your forearm
- Glide & rotate all the way up your forearm to your elbow and then back down to your wrist