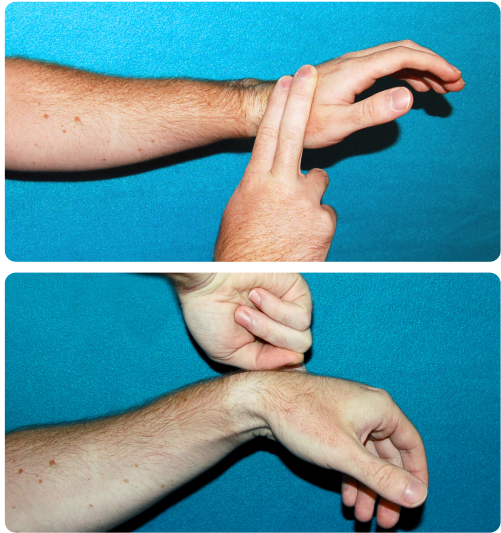
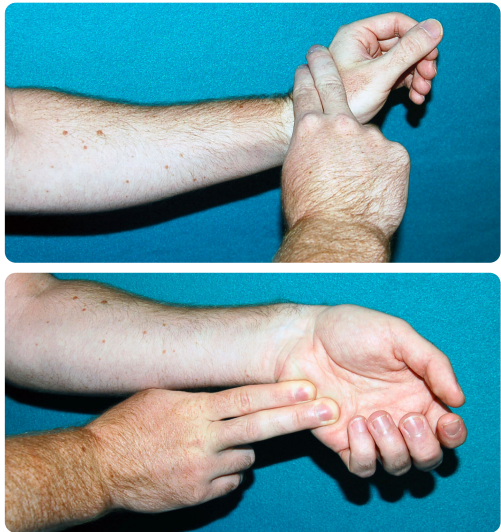



Wrist Instability

EXERCISE CHART

NOTE: Therapists must determine the appropriate exercise(s) and exercise sequence for each patient: photos below are examples only.

Go to [bracelab.com/clinicians-classroom](https://www.bracelab.com/clinicians-classroom) & search for Clinical Pearl #81, October 2023 "Focused Muscle Stabilization for Wrist Instability" to learn more.

SCAPHOLUNATE INSTABILITY			
FOREARM POSITION	MUSCLE EXERCISE	EXERCISES: PROGRESSION SEQUENCE	IMAGE/VIDEO
Pronation	Isometric	<p>1) Radial wrist extension & thumb CMC radial abduction (ECRL, ECRB, and APL) alternating with</p> <p>2) Ulnar wrist flexion (FCU); <i>Called dart thrower's motion</i></p>	
Begin in pronation; progress into supination	Isotonic	<p>1) Radial wrist extension & thumb CMC radial abduction (ECRL, ECRB, and APL) alternating with</p> <p>2) Ulnar wrist flexion (FCU); <i>Called dart thrower's motion</i></p>	
Various Positions	Proprioceptive Training	<p>Active wrist control in mid-range in a variety of positions with minimal loading. See Karagiannopoulos & Michlovitz.</p>	



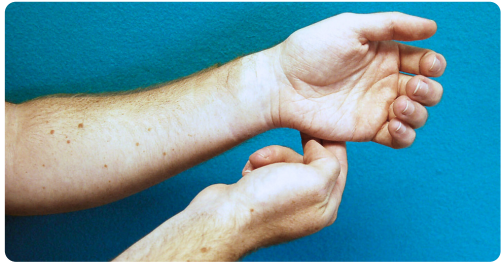
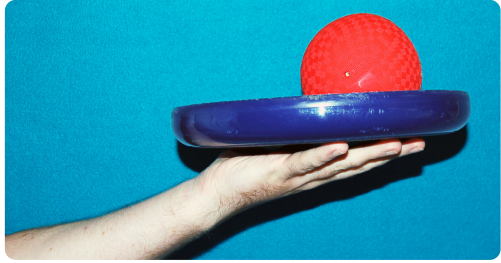
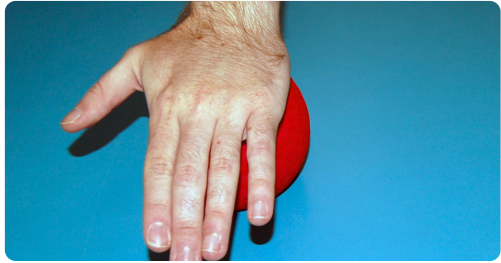
Wrist Instability

EXERCISE CHART



NOTE: Therapists must determine the appropriate exercise(s) and exercise sequence for each patient; photos below are examples only.

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LUNOTRIQUETRAL INSTABILITY			
FOREARM POSITION	MUSCLE EXERCISE	EXERCISES: PROGRESSION SEQUENCE	IMAGE/VIDEO
Supination	Submaximal isometric	Ulnar wrist extension (ECU)	
Begin in supination; progress to neutral	Begin with isometric and progress to isotonic	Ulnar wrist extension (ECU)	 
Various Positions	Proprioceptive Training	Active wrist control in mid-range in a variety of positions with minimal loading. See Karagiannopoulos & Michlovitz .	 

Wrist Instability

EXERCISE CHART

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PALMAR MIDCARPAL INSTABILITY			
FOREARM POSITION	MUSCLE EXERCISE	EXERCISES: PROGRESSION SEQUENCE	IMAGE/VIDEO
Supination	Isometric	Ulnar wrist extension (ECU)	
Begin in supination; progress to neutral and then pronation	Begin with isometric and progress to isotonic	1) Ulnar wrist extension (ECU) 2) Radial wrist flexion (FCR); <i>Called reverse dart thrower's motion</i>	 
Various Positions	Proprioceptive Training	Active wrist control in mid-range in a variety of positions with minimal loading. See Karagiannopoulos & Michlovitz .	