



## Rad Head Exercises



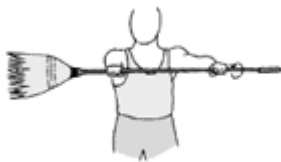
Wrist-Extension-Exercise



Pronation-And-Supination



Wrist-Flexion-Exercise



Wrist-Extension  
(with broom handle)



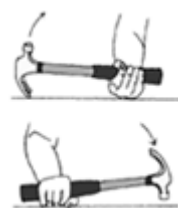
Wrist Radial  
Deviation  
Strengthening



Elbow Raneg Of Motion



Wrist Range Of Motion



Forearm Pronation And Supination  
Strengthening