



FIX MY WRIST PAIN

Preventative
Measures

GET BACK TO
PAIN FREE
WORKOUTS

RICK KASELJ **AND** JEDD JOHNSON

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Fix My Wrist Pain is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

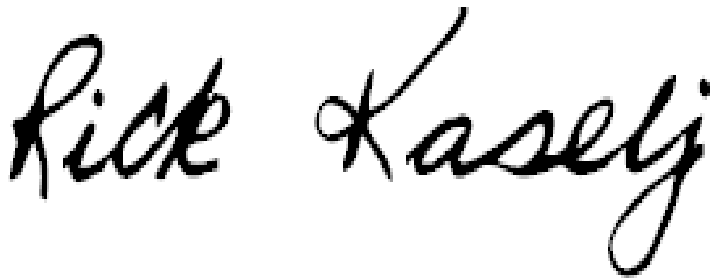
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Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A large, stylized handwritten signature in black ink that reads "Rick Kaselj". The letters are fluid and connected, with a prominent loop on the 'j'.

Fix My Wrist Pain

Part 1 – Rehab Techniques
















Part 1 is made up of four steps:











- Step #1 – Eliminating
- Step #2 – Modification
- Step #3 – Control Inflammation
- Step #4 – Look at Other Areas

I will go through each of the steps, later in this book.

Fix My Wrist Pain

Part 2 – Rehab Exercises

 <p>#1 - Self Massage with Hand (1092)</p>	 <p>#2 - Self Massage with Thumb (1093)</p>	 <p>#3 - Wrist Forwards and Backwards (1088)</p>	 <p>#4 - Fist Side to Side (1089)</p>	 <p>#5 - Wrist Circles (1090)</p>
 <p>#6 - Open and Close Hand (1091)</p>	 <p>#7 - Hand Back Stretch (1094)</p>	 <p>#8 - Hand Forward Stretch (1095)</p>	 <p>#9 - Hand to the Side Stretch (1096)</p>	 <p>#10 - Hand In Stretch (1097)</p>
 <p>#11 - Ball Grip (1098)</p>	 <p>#12 - Power Grip (1099)</p>	 <p>#13 - Isometric Hand Forward (1100)</p>	 <p>#14 - Isometric Hand Back (1101)</p>	 <p>#15 - Isometric Thumb Out (1102)</p>

 <p>#16 - Isometric Pinkie In (1103)</p>	 <p>#17 - Isometric Supination (1104)</p>	 <p>#18 - Isometric Pronation (1105)</p>	 <p>#19 - Hand Forward with Dumbbell (1106)</p>	 <p>#20 - Hand Back with Dumbbell (1107)</p>
 <p>#21 - Thumb Up with Dumbbell (1108)</p>	 <p>#22 - Pinkie Up with Dumbbell (1109)</p>	 <p>#23 - Supination with Dumbbell (1110)</p>	 <p>#24 - Pronation with Dumbbell (1111)</p>	 <p>#25 - Wrist Traction (1112)</p>

Part 2 – Rehab Exercises Table

	Program Exercise Number	Exercise Number	Exercise Name	Sets & Reps
Step #5 - Self Massage	1	1092	Self Massage with Hand	1 set of 30 seconds
	2	1093	Self Massage with Thumb	1 set of 30 seconds
Step #6 - Mobility	3	1088	Wrist Forwards and Backwards	1 set of 10 repetitions
	4	1089	Fist Side to Side	1 set of 10 repetitions
	5	1090	Wrist Circles	1 set of 10 repetitions
	6	1091	Open and Close Hand	1 set of 10 repetitions
Step #7 - Stretching	7	1094	Hand Back Stretch	1 set of 2 repetitions with each held for 20 seconds
	8	1095	Hand Forward Stretch	1 set of 2 repetitions with each held for 20 seconds

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	9	1096	Hand to the Side Stretch	1 set of 2 repetitions with each held for 20 seconds
	10	1097	Hand In Stretch	1 set of 2 repetitions with each held for 20 seconds
Step #8 - Grip Strength	11	1098	Ball Grip	1 set of 10 repetitions
	12	1099	Power Grip	1 set of 10 repetitions
Step #9 - Isometric Strength	13	1100	Isometric Hand Forward	1 set of 5 repetitions with each held for 5 seconds
	14	1101	Isometric Hand Back	1 set of 5 repetitions with each held for 5 seconds
	15	1102	Isometric Thumb Out	1 set of 5 repetitions with each held for 5 seconds
	16	1103	Isometric Pinkie In	1 set of 5 repetitions with each held for 5 seconds
	17	1104	Isometric Supination	1 set of 5 repetitions with each held for 5 seconds
	18	1105	Isometric Pronation	1 set of 5 repetitions with each held for 5 seconds

Step #10 - Wrist Strengthening	19	1106	Hand Forward with Dumbbell	1 set of 10 repetitions
	20	1107	Hand Back with Dumbbell	1 set of 10 repetitions
	21	1108	Thumb Up with Dumbbell	1 set of 10 repetitions
	22	1109	Pinkie Up with Dumbbell	1 set of 10 repetitions
	23	1110	Supination with Dumbbell	1 set of 10 repetitions
	24	1111	Pronation with Dumbbell	1 set of 10 repetitions
Step #11 - Wrist Traction	25	1112	Wrist Traction	1 set of 5 repetitions with each held for 2 seconds

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

Equipment Needed

Here is a list of equipment that you will need for the exercises:

- Ball
- Towel
- Dumbbell
- Bodyweight

Part 1 – Fix My Wrist Pain

I am just going to cut to the case with this section.

I know I could go on and on with each step but I am just going to tell you what to do in order to lay down the foundation to your wrist pain recovery.

Step #1: Eliminating

Look at what you are doing that is leading to unnecessary stress on your wrist.

Your wrist is in pain and injured. When you put it in a position of unnecessary stress, you slow down your recovery.

Eliminate the things that put it in unnecessary stress.

Step #2: Modification

Look at what you are doing for work, fun and play when it relates to your wrist.

Is there something that you are doing at work that is slowing down your recovery?

Is there something you are doing at home (fun) that is slowing down your wrist recovery?

Is there something you are doing when it comes to play (sports you play, working out, activities you do with your spare time) that is slowing down your recovery?

You need to identify them and modify or eliminate them.

If you do not do anything, the longer your wrist pain will hang around and the longer it hangs around the harder it is to get rid of it.

One more thing, if you workout, look at your exercise technique. Is your technique or the exercises you are doing slowing down your wrist pain recovery.

Look and check things over.

Step #3: Control Inflammation

When things are inflamed, they don't heal.

There are three things that you can do to help when it comes to controlling inflammation. They are ice, water and diet.

Ice is an easy way to control inflammation. When you feel your wrist inflamed, ice it. If after exercise, it feels inflamed, ice it. The more you can keep the inflammation down, the faster your wrist will recover.

I recommend putting ice on your wrist for 10 to 20 minutes. You can put the ice in a plastic bag or use a bag of vegetables. Make sure to put a towel between the ice and your wrist.

You can see if multiple icing sessions per day helps you more. I would try up to 3 times.

I would not ice forever but during the recovery phase of your wrist pain, I would.

The next is water.

Water helps move bad stuff out of an injured joint and move good stuff in. When we do not have enough water in our bodies and are not hydrated enough, this does not happen.

Lastly is looking at our diet. We need to look at foods that lead to inflammation. The most common foods that lead to inflammation are wheat, dairy and sugar.

I would suggest cutting these foods out for 4 days and see what effect it has on your wrist pain.

Step #4: Look at Other Areas

In this step, it is to highlight the fact that the pain maybe in your wrist but the cause might be in another area.

Other areas that could be causing wrist pain are the neck, shoulder, back and elbow.

Have a look at these areas as they maybe the hidden cause of your wrist pain.

Summary of Part 1

I encourage you to take this part serious. It helps set the foundation to wrist pain recovery.

It will help you recover faster and increase the results you get from the rehab exercises.

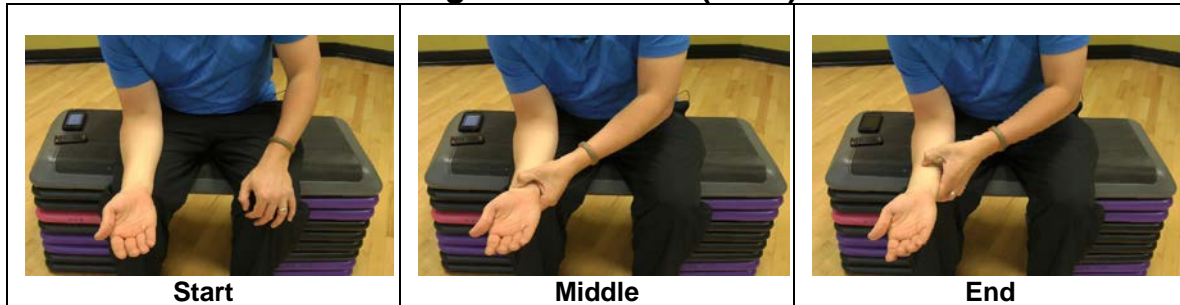
Part 2 – Fix My Wrist Pain

EXERCISE #1: Self Massage with Hand (1092)



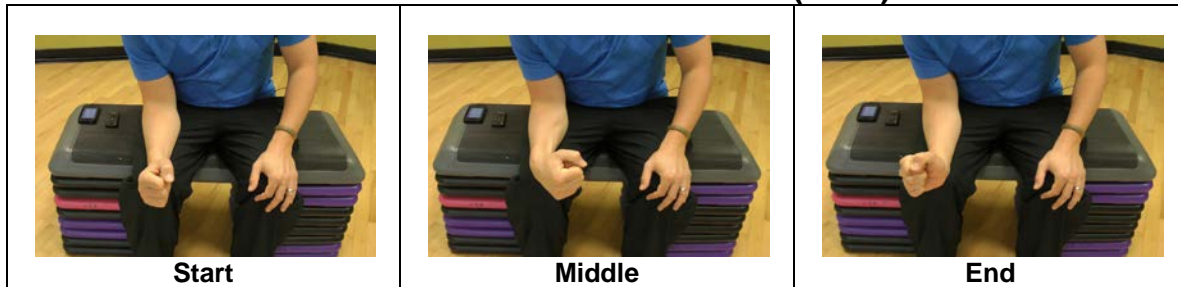
Purpose:	To self massage the muscles in the wrist.
Starting Position:	In sitting with your forearm on your thigh and palm up. Your other hand is on your wrist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Stroke the muscles of the hand, wrist and forearm. 2. The strokes are long and start at the hand or wrist and continue to the elbow. 3. Perform 1 set for 30 seconds.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Skin Burn – If you get a skin burn from the self-massage, you can use baby oil or massage oil to prevent skin burning.

EXERCISE #2: Self Massage with Thumb (1093)



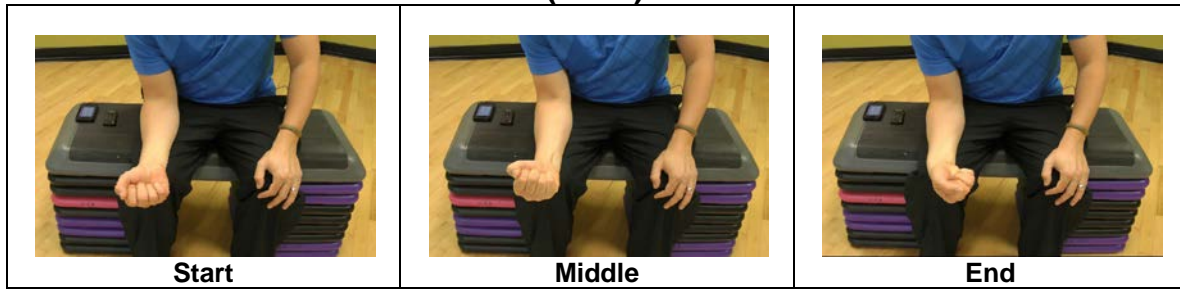
Purpose:	To self massage the muscles in the wrist.
Starting Position:	In sitting with your forearm on your thigh and palm up.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take the thumb of your other hand and stroke the muscles of the hand, wrist and forearm with your thumb. 2. The strokes are long and start at the hand or wrist and continue to the elbow. 3. Perform 1 set for 30 seconds.
Progressions:	- None
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Skin Burn – If you get a skin burn from the self-massage, you can use baby oil or massage oil to prevent skin burning.

EXERCISE #3: Wrist Forwards and Backwards (1088)



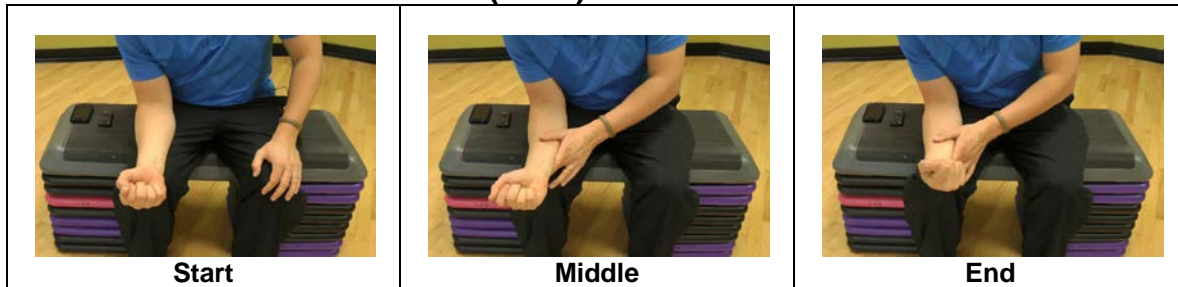
Purpose:	To work on improving the mobility of the wrist.
Starting Position:	In sitting with your forearm on your thigh and your hand in a fist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your wrist forward (flexion) as far as you can comfortably. Hold this end position for a second. 2. Then move your wrist backwards (extension) as far as you can comfortably. Hold this end position for a second. 3. Perform 1 set of 10 repetitions
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Perform 2 to 3 times a day
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Resistance– You are moving your wrist to a point of light resistance, not forcing it as far as you can.

EXERCISE #4: Fist Side to Side (1089)



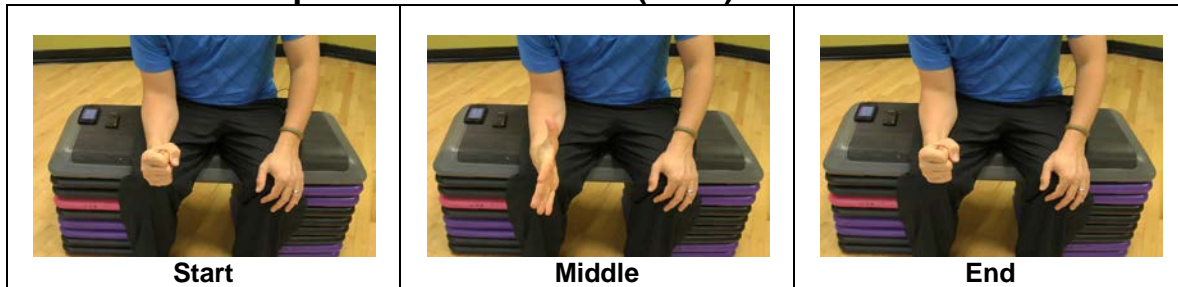
Purpose:	To work on improving the mobility of the wrist.
Starting Position:	In sitting with your forearm on your thigh and your hand in a fist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your wrist outwards (radial deviation) as far as you can comfortably. Hold this end position for a second. 2. Then move your wrist inwards (ulnar deviation) as far as you can comfortably. Hold this end position for a second. 3. Perform 1 set of 10 repetitions
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Perform 2 to 3 times a day
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Resistance – You are moving your wrist to a point of light resistance, not forcing it as far as you can.

EXERCISE #5: Wrist Circles (1090)



Purpose:	To work on improving the mobility of the wrist.
Starting Position:	In sitting with your forearm on your thigh and your hand in a fist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your wrist in as large of a circle as you comfortably can in a slow and controlled manner. 2. Then move your wrist in the opposite direction of, in a slow and controlled manner. 3. Perform 1 set of 10 repetitions
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Perform 2 to 3 times a day
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Resistance – You are moving your wrist to a point of light resistance, not forcing it as far as you can.

EXERCISE #6: Open and Close Hand (1091)



Purpose:	To work on improving the mobility of the wrist.
Starting Position:	In sitting with your forearm on your thigh and your hand in a fist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Open your hand as much as you can comfortably in a slow and controlled manner. 2. Perform 1 set of 10 repetitions
Progressions:	<ul style="list-style-type: none"> - Progress to 2 or 3 sets - Perform 2 to 3 times a day
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Resistance – You are moving your hand to a point of light resistance, not forcing it as far as you can.

EXERCISE #7: Hand Back Stretch (1094)



Purpose:	To work on decreasing the tensions and increasing the length in the muscles around the wrist.
Starting Position:	In sitting with your forearm on your thigh, your hand relaxed and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your opposite hand, pull your wrist back (wrist extension) until you feel a light stretch in the front of your wrist and forearm (wrist flexors). 2. 1 set of 2 repetitions with each held for 20 seconds.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 repetitions - Perform 2 to 3 times a day - Perform exercise with elbow straight
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Stretch– You are looking for a light stretch. As strong stretch is not more effective and increase the risk of injury.

EXERCISE #8: Hand Forward Stretch (1095)



Purpose:	To work on decreasing the tensions and increasing the length in the muscles around the wrist.
Starting Position:	In sitting with your forearm on your thigh, your hand relaxed and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your opposite hand, pull your wrist back (wrist flexion) until you feel a light stretch in the back of your wrist and forearm (wrist extensors). 2. 1 set of 2 repetitions with each held for 20 seconds.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 repetitions - Perform 2 to 3 times a day - Perform exercise with elbow straight
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Stretch – You are looking for a light stretch. As strong stretch is not more effective and increase the risk of injury.

EXERCISE #9: Hand to the Side Stretch (1096)



Purpose:	To work on decreasing the tensions and increasing the length in the muscles around the wrist.
Starting Position:	In sitting with your forearm on your thigh, your palm up and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your opposite hand, pull your hand out (radial deviation) until you feel a light stretch in the inside of your wrist and forearm (ulnar deviator muscles). 2. 1 set of 2 repetitions with each held for 20 seconds.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 repetitions - Perform 2 to 3 times a day - Perform exercise with elbow straight
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Stretch – You are looking for a light stretch. As strong stretch is not more effective and increase the risk of injury.

EXERCISE #10: Hand In Stretch (1097)



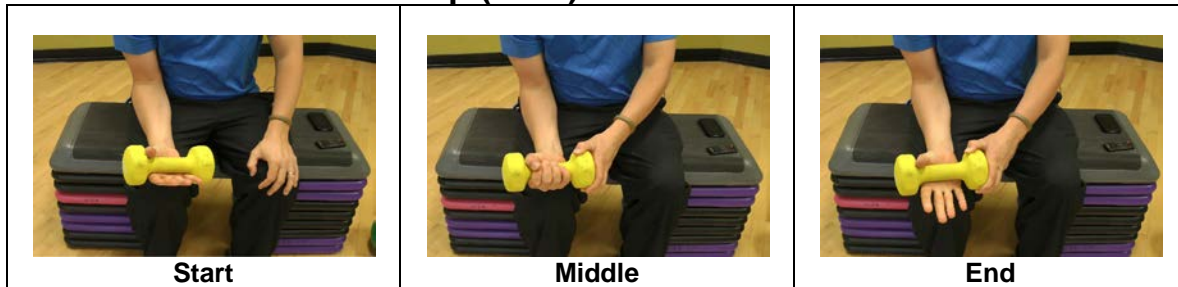
Purpose:	To work on decreasing the tensions and increasing the length in the muscles around the wrist.
Starting Position:	In sitting with your forearm on your thigh, your palm up and elbow bent at a 90-degree angle. Your other hand is cupping your hand.
How to Do the Exercise:	<ol style="list-style-type: none"> 3. With your opposite hand, pull your hand in (ulnar deviation) until you feel a light stretch in the outside of your wrist and forearm (radial deviator muscles). 4. 1 set of 2 repetitions with each held for 20 seconds.
Progressions:	<ul style="list-style-type: none"> - Progress to 3 repetitions - Perform 2 to 3 times a day - Perform exercise with elbow straight
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Stretch – You are looking for a light stretch. As strong stretch is not more effective and increase the risk of injury.

EXERCISE #11: Ball Grip (1098)



Purpose:	To improve your grip strength.
Starting Position:	Start in sitting with a ball in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squeeze into the ball in a slow and controlled manner. 2. Hold the end position for a second and then return to the starting position. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase how hard you squeeze into the ball - Use a ball that is firmer
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Squeeze – Squeeze into the ball at a level you can. Start off light and increase effort level, gradually.

EXERCISE #12: Power Grip (1099)



Purpose:	To improve your grip strength.
Starting Position:	Start in sitting with a dumbbell in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squeeze into the dumbbell in a slow and controlled manner. 2. Hold the end position for a second and then return to the starting position. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - If you do not have a dumbbell, use a rolled up towel. - Progress to 2 to 3 sets - Increase how hard you squeeze into the dumbbell -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Squeeze – Squeeze into the dumbbell at a level you can. Start off light and increase effort level, gradually.

EXERCISE #13: Isometric Hand Forward (1100)



Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your left hand so it is on top of your right hand. 2. Push down with your left hand and resist the downward pushing movement with the muscles in your right wrist (working your wrist flexor muscles). 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you push down. -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #14: Isometric Hand Back (1101)



Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm down and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your left hand so it is on top of your right hand. 2. Push down with your left hand and resist the downward pushing movement with the muscles in your right wrist(working your wrist extensor muscles). 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you push down -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #15: Isometric Thumb Out (1102)



Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your left hand so it is on top of your right hand and is cupped around the outside of your right hand. 2. Push out with your right hand (radial deviation) and resist the movement with your left hand. 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you push out with your right hand
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #16: Isometric Pinkie In (1103)



Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your left hand so it is on the inside of your right hand. 2. Push in with your right hand (ulnar deviation) and resist the movement with your left hand. 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you push in with your right hand
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #17: Isometric Supination (1104)



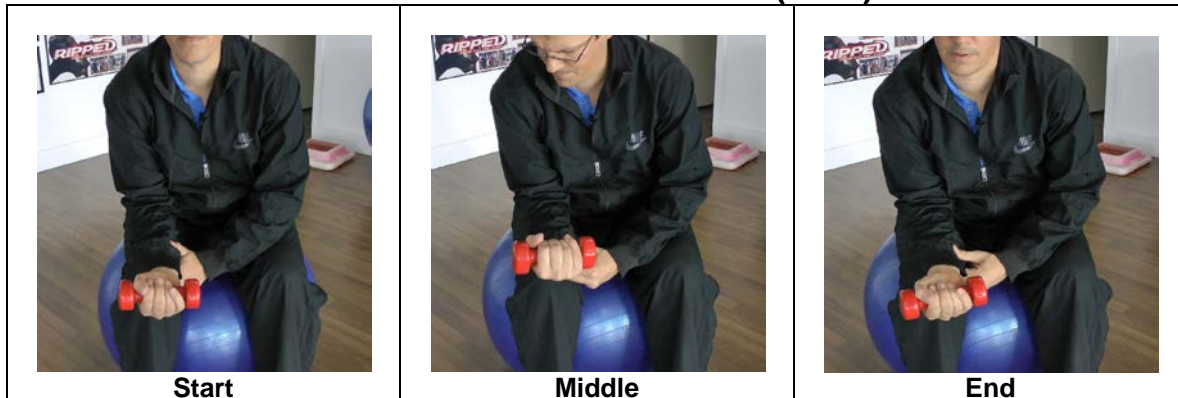
Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm down and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your right hand into a fist, cup your left hand over your right fist 2. Try to move your fist from palm down to palm up (supination) and resist the movement with your left hand. 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you try to rotate with your right hand
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #18: Isometric Pronation (1105)



Purpose:	To improve the isometric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up, hand in a fist and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Cup your left hand over your right fist. 2. Try to move your fist from palm up to palm down (pronation) and resist the movement with your left hand. 3. Perform 1 set of 5 repetitions with each held for 5 seconds.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions - Progress to 2 to 3 sets - Increase how hard you try to rotate with your right hand
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Solid Resistance – Resist the movement at a level you can. Start off light and increase effort level, gradually.

EXERCISE #19: Hand Forward with Dumbbell (1106)



Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up, dumbbell in your hand and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your wrist forward (wrist flexion) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #20: Hand Back with Dumbbell (1107)



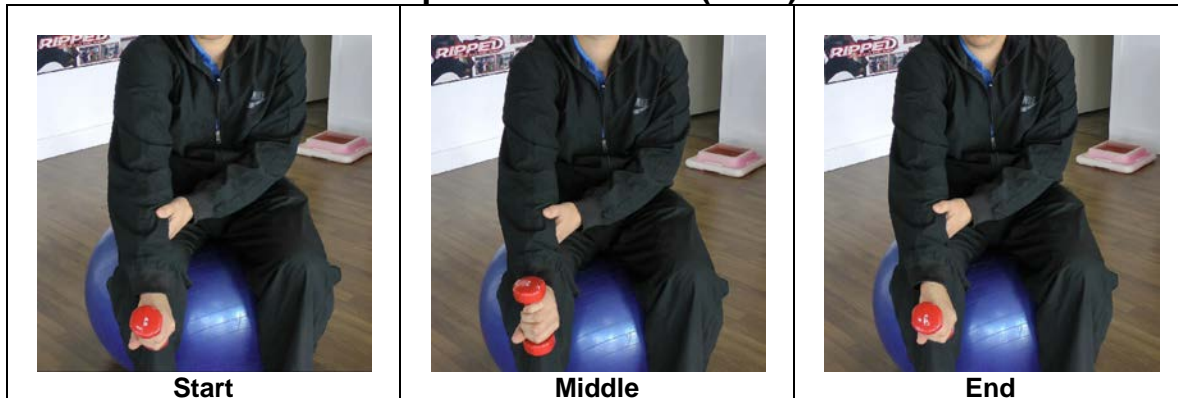
Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm down, dumbbell in your hand and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your wrist backwards (wrist extension) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #21: Thumb Up with Dumbbell (1108)



Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm facing in, dumbbell in your hand and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your thumb up to the ceiling (radial deviation) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #22: Pinkie Up with Dumbbell (1109)



Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right wrist on your thigh, your palm facing out, dumbbell in your hand and elbow straight.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your pinkie up to the ceiling (ulnar deviation) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #23: Supination with Dumbbell (1110)



Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm down, end of a dumbbell in your hand and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move from palm down to palm up (supination) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #24: Pronation with Dumbbell (1111)



Purpose:	To improve the concentric and eccentric strength of the wrist.
Starting Position:	In sitting with your right forearm on your thigh, your palm up, end of a dumbbell in your hand and elbow bent at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move from palm up to palm down (pronation) in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 10 repetitions.
Progressions:	<ul style="list-style-type: none"> - Progress to 2 to 3 sets - Increase weight of the dumbbell
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Controlled Movement – In order to get the most of the exercise, perform the exercise in a controlled manner.

EXERCISE #25: Wrist Traction (1112)



Purpose:	To increase the space in the wrist joint.
Starting Position:	In sitting with your right elbow bent at a 90-degree angle and your left hand cupped over your right hand.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Use your left hand to lightly pull right hand in order to increase the space in the right wrist. 2. Hold the end position for two seconds and then return to the start. 3. Perform 1 set of 5 repetitions with each held for 2 seconds.
Progressions:	- Progress to 10 repetitions
Contraindications& Common Mistakes:	<ul style="list-style-type: none"> - Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. - Light Pull – Begin with a light pull and see how your wrist responds. Increase the pull if you feel benefit from the traction.

FAQ – Frequently Asked Questions

How often can I do these exercises?

You can do them every day, until you get the results you are looking for then you can move to doing them 3 times a week.

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 48 hours.

Where are my download details for the product?

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes.

Where is your email with the download details?

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

Make sure to add news@ExercisesForInjuries.com to your email program

Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?

What will appear on your credit card is a payment, either "Healing Thro" or "Clickbank".

Will I get anything in the mail?

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers.

Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES
<http://FixMyWristPain.net>

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where Healing Through Movement can meet you:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES
<http://FixMyWristPain.net>



a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com>.



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Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

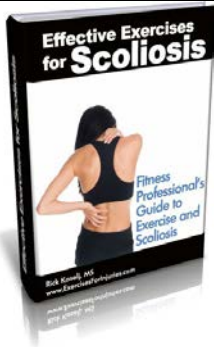
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

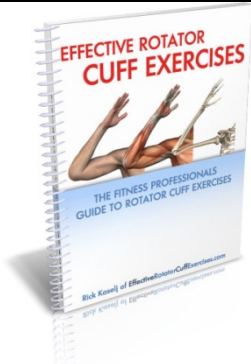


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Effective Rotator Cuff Exercises (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a “must take” course for you.

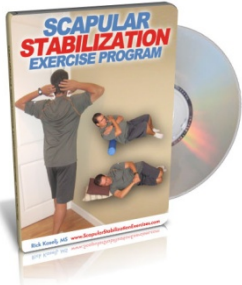
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

To order these manuals, visit <http://ExercisesForInjuries.com>

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

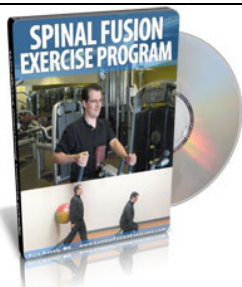
For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

**Interested in receiving over \$299 worth of
fitness education information?**

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