

Wrist –typically not “weak” but not in proper position to take load

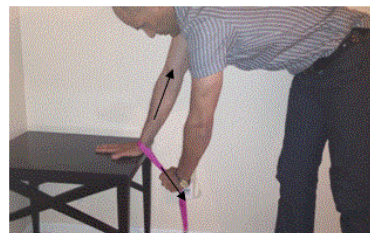
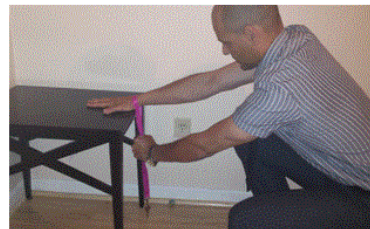
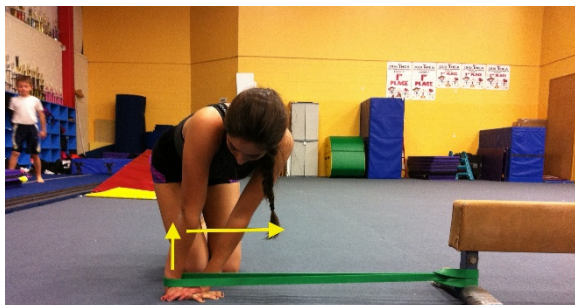
- Check ROM should be able to get 90 degrees extension for skills

3 areas- forearm muscles, wrist joint, higher up in chain (over compensation for lack of shoulder motion/flexion)

1. Forearm Muscles (typically flexor side)



2. Joint itself

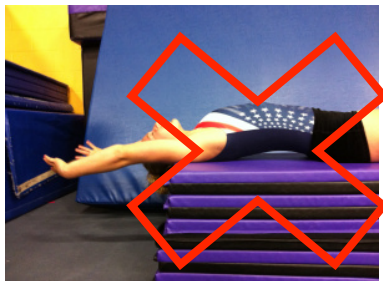


Picture 1- loop band around wrist (fingers pointing towards beam), block with free hand, gently pull upwards and lean towards beam

Picture 2- loop band around wrist, pull down and away with free hand, gentle pull upward leaning away

3. Higher up in chain (latissimus dorsi) should be able to get arms parallel to ears without arching back

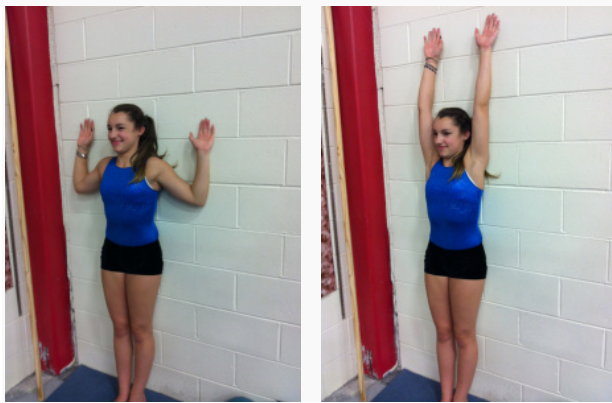
Test:



Myofascial Release of Lat Dor



Strengthening/Reactivation using Wall Angels 2x15 focus on using muscle between shoulders blades to initiate movement

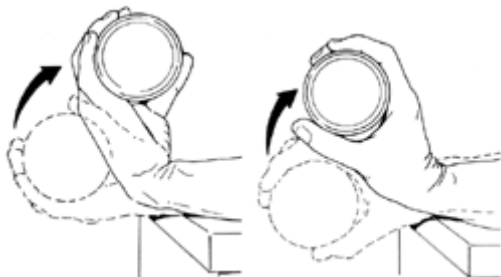


Wrist Strengthening:

Flexion/Extension Stretching (Prayer, Reverse Prayer) 3 sets x 15s hold



Strengthening (Soup Can, Theraband) 2x 15



Grip – 10-15x

