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Wrist Protocol

1. Wrist Stretches (one at a time)
    - Support your wrist by placing your opposite hand around the base of your wrist. (Make a U with your hand and put it on the back of your hand)
    - Place your fingers toward you with your palm down and stretch your wrist.
    - Now do the same thing with your palm up.

2. Wrist Stretches (both at the same time)
    - Begin on your hands and knees.
    - Place both hands palm down in front of you as far as you can without bending your elbows. Make sure your fingers are pointing straight back toward your knees.
    - Lean backward keeping elbows straight.
    - Now do the same thing with your palms up.

3. Wrist Rolls using the wooden bar with weight attached
    - Bend your elbows and place them at your sides.
    - With your palms down roll the weight/rope all the way up.
    - Slowly lower the weight/rope back down with control.
    - Repeat the process with your palms up.

4. Porcupine push-ups
    - Place your hands on porcupine balls with the flat side up.
    - Do push-ups with hands as close as possible.
    - Do push-ups at shoulder width.
    - Do push-ups with arms as far to the side as you can manage.

5. Handstand wrist exercise
    - Face the wall and do a wall handstand.
    - Place one hand on slider.
    - Circle slider in one direction and then the other direction.
    - Switch to the other side.

6. Handstand Stretch Back against the wall:
    - Do a handstand with your back facing the wall.
    - Walk yourself away from the wall leaving feet against the wall.
    - Hold for 20 seconds.

7. Handstand Stretch Front side against the wall:
    - Do a handstand with your front facing the wall.
    - Walk yourself away from the wall leaving feet against the wall.
    - Hold for 20 seconds

8. Place your hand in the rice bucket.
    - Bend wrists upward and downward.
    - Bend wrists sided to side.
    - Move your wrists so that your palms go up and down.
    - Circle your wrists in each direction.