

WRIST STRENGTHENING PROGRESS

Weekly Tracking Sheet

Name: _____

Week Starting: _____

EXERCISE	SETS/REPS	RESISTANCE	M T W T F S S
Wrist Extensions Palm down, lift weight up	3 x 12	_____	
Wrist Flexion Palm up, curl weight up	3 x 12	_____	
Radial Deviation Thumb side up, lift vertically	2 x 15	_____	
Pronation/Supination Rotate forearm side-to-side	2 x 10	_____	
Grip Squeezes Stress ball or gripper	3 x 30s	_____	

Additional Notes (Pain levels, fatigue, or modifications):

Consult with a healthcare professional before beginning any new exercise routine.