

# **MoVeS Wrist Exerciser**

Use the MoVeS Wrist Exerciser only after consulting a trained licensed healthcare professional.

#### Exercise 1

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing down. Move the grip down.

### Exercise 2

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing up. Move the grip down.





#### Exercise 3

Insert either arm in your Wrist

Exerciser, the tension control facing down and the palm of your hand facing down. Move the grip up.

## Exercise 4

Insert either arm in your Wrist Exerciser, the tension control facing down and the palm of your hand facing up. Move the grip up.



## More exercises on www.moves-you.com, 🖬 and D



