



Figure 2. Conscious pain free static wrist stabilization



Figure 3. Unconscious static wrist stabilization



Figure 4. Strengthening of wrist stabilizers



Figure 5. Strengthening ECU



Figure 6. Strengthening PQ



Figure 7. Conscious wrist and DRUJ stabilization with PQ and ECU activation



Figure 8. Conscious wrist and DRUJ stabilization with PQ and ECU activation



Figure 9. Reaction force exercise



Figure 10. Weight bearing exercise