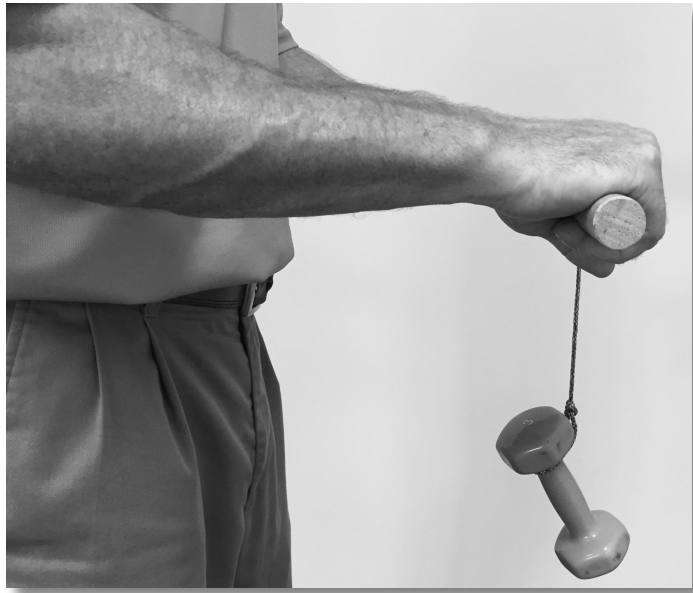


Forearm Roll Ups



- Holding a dowel in your hand, wind the weighted rope up and down.
- Be sure to keep your wrists close to neutral in the mid-range of motion (instead of fully extending or bending them).
- Perform up to 20 repetitions or to fatigue.

Mission Physical Therapy