

wrist movements

flexion (70-80°)/*extension* (60-80°) *radial* (15-25°)/*ulnar deviation* (30-40°)



movement description

flexion/extension

bending the palm down /
raising the back of the hand

radial/ulnar deviation

bending the wrist to the thumb,
or radial bone/
bending the wrist to the little finger,
or ulnar bone

movement instruction – determination of key characteristics

flexion/extension

up – centered / down – centered

radial/ulnar deviation

inwards – centered – outwards – centered

Mental Practice Group

physical training with healthy side
alternating with *mental practice*
with both sides using visual,
cognitive, and kinesthetic cues

Mirror Therapy Group

physical training with healthy side
alternating with *mirror training*
with healthy side using visual cues

motor representation

physical execution of wrist movements

