



Wrist Pronation

Hold the MSD-Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Bar on the table and rotate your palm downward, bending the MSD-Bar in a c-shape.



Wrist Supination

Hold the MSD-Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Bar on the table and rotate your palm upward, bending the MSD-Bar in a reversed c-shape.



Wrist Ulnar Deviation

Hold the MSD-Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Bar on the table. Push your wrist downward and away from your body.



Wrist Radial Deviation

Hold the MSD-Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Bar on the table. Pull your wrist upward and toward your body.