



CHECKLIST

Wrist protection checklist for every training session

- ☐ Perform wrist circles in both directions before loading the joint
- ☐ Execute plank rocks to prepare for weight shifts
- ☐ Check hand placement: fingers active, weight forward
- ☐ Turn fingers slightly outward when landing or pressing
- ☐ Condition forearms twice a week with rice-bucket work or wrist curls
- ☐ Tape only when wrists are sore or for unfamiliar skills
- ☐ Rest and see a physiotherapist if pain persists beyond two weeks