

Supplemental Figure S1. Wrist stabilization exercise in groups WSE+TT and WSE

### Wrist stabilization exercise with elastic band



In each direction, three sets of 10 repetitions were performed as a method of maintaining for 10 seconds against resistance, and a 1-minute break between sets was provided.


### Wrist stabilization exercise with dumbbell



The arm was raised to the height possible while maintaining the wrist in a neutral position for 10 seconds. Each was performed 10 times.




Supplemental Figure S2. P-ROM exercise in Control group

### Wrist P-ROM exercise

			
Wrist flexion	Wrist extension	Radial deviation	Ulnar deviation

In each direction, three sets of 10 repetitions were performed as a method of maintaining for 10 seconds in the maximum possible range, and a 1-minute break between sets was provided.

### Shoulder P-ROM exercise

			
Shoulder flexion	Shoulder extension	Shoulder abduction	Shoulder adduction

The arm was raised to the height possible while maintaining the wrist in a neutral position for 10 seconds. Each was performed 10 times.

Supplemental Figure S3. Taping application in WSE+TT group



Kinesio tape was applied to the origin and insertion site of the muscle with the flexors and extensors of the wrist stretched as far as possible. In addition, 15cm kinesio tape was wound around the wrist from the radial side to the ulna side and attached.