

Wrist Exercises - Stretching



Wrist Flexion

Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.



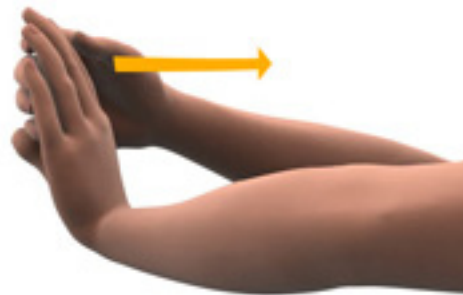
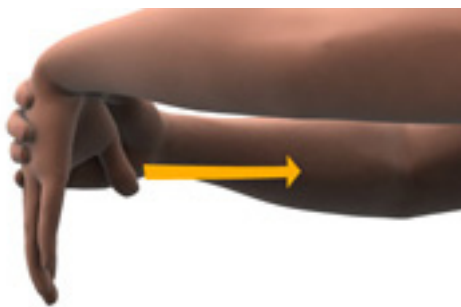
Wrist Extension

Gently bend your wrist backward. Hold this position for 5 seconds. Do 3 sets of 10.



Side to Side

Gently move your wrist from side to side as though you were shaking hands. Hold for 5 seconds at each end. Do 3 sets of 10.



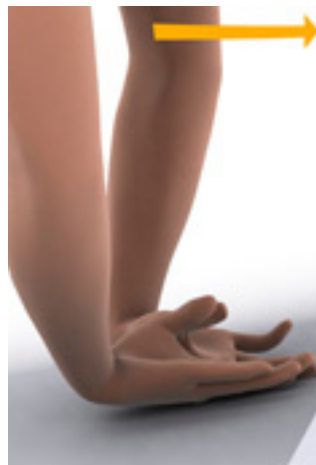
Wrist Stretch

With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Do 3 sets.



Wrist Extension Stretch

Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times.



Wrist Flexion Stretch

Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight. Lean away from the table. Hold this position for 15 to 30 seconds. Repeat 3 times.

Wrist Exercises - Strengthening



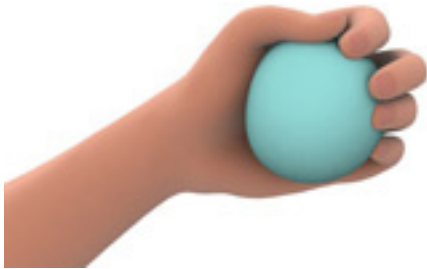
Wrist Flexion Exercise

Hold a full can of soup or a one-pound dumbbell in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the amount of weight that you are holding.



Wrist Extension Exercise

Hold a full can of soup or a one-pound dumbbell in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.



Grip Strengthening

Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.
