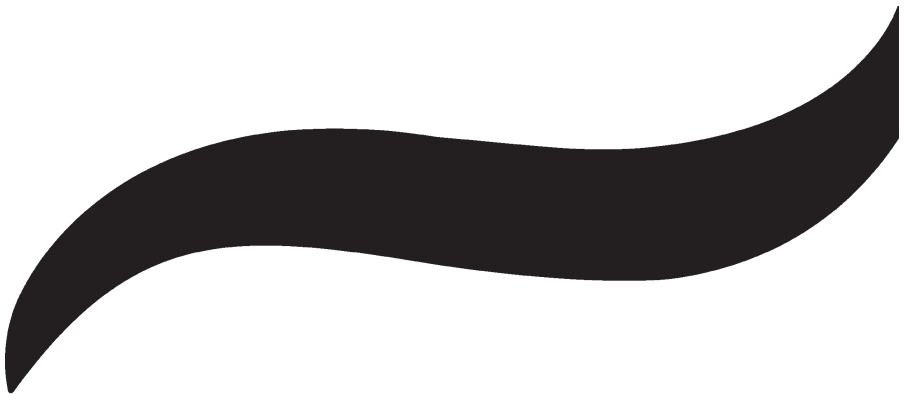




Exercises for the wrist

Information for Patients
Hand therapy



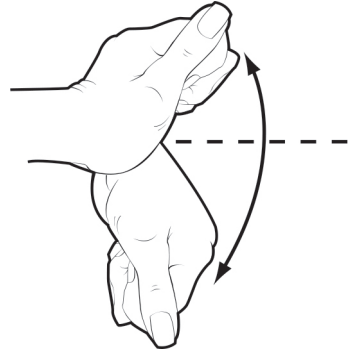
WRIST EXERCISES

Always exercise *gently and slowly*. Hold your position at your end of range for a few seconds, unless specified otherwise. Discuss any concerns with your therapist.

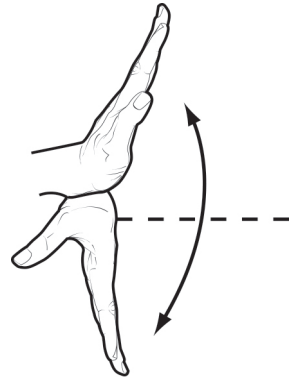
Active Exercises:

Wrist extension (“up”) and flexion (“down”)

1. Forearm on a table, fist clenched, move your wrist up and down:



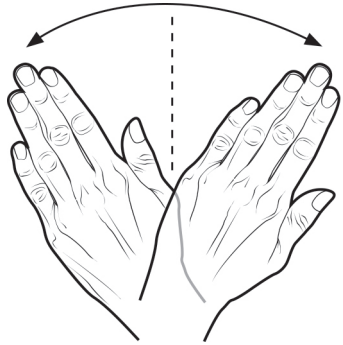
2. Forearm on a table, move your wrist up and down:



3. Supination (“palm facing up”) and pronation (“palm facing down”) : Keeping your shoulder and elbow still and at the side of your body, turn your forearm so your palm is facing up and then down.

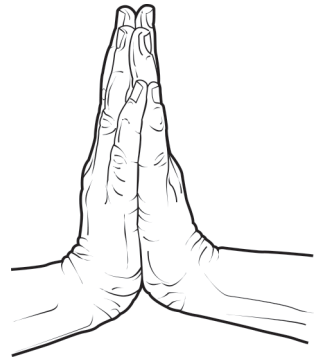


- Forearm and hand flat on a table, move your hand sideways: Ulnar (“on the little finger side”) and radial (“on the thumb side”) deviation



Passive exercises:

- Place your hands together as if “praying” then lower down until you feel a gentle stretch. Keep the palms together:



- Place your hand flat on the table and move your forearm up:



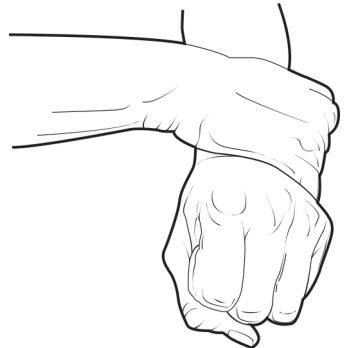
7. Place your elbow on the table and use your other hand to push on the back of the affected hand:



8. Use your other hand to turn your forearm so the palm is facing up:



9. Use your other hand to turn your forearm so the palm is facing down:



10. Hand over the edge of a table, thumb facing upwards, use your other hand to push your hand down:



11. With your elbow straight, use your other hand to bend your wrist up and down. Do not over stretch the big knuckles:



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