

Wrist Home Exercise Program

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***These simple exercises should be performed 3 times a day. If a brace has been prescribed, it typically may be removed for the program.**

Stretching

With elbow straight and palm facing down, use other hand to push the wrist towards the floor for 15 seconds. Then use the hand to push the the ceiling and repeat 5 times.

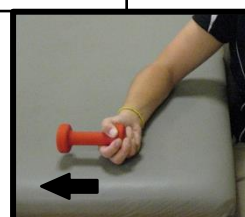
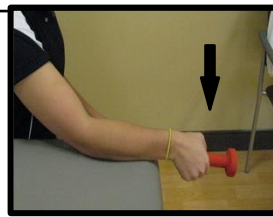
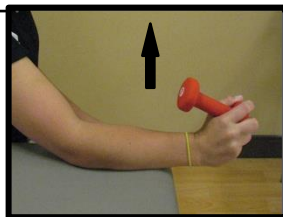


Strengthening

Wrist Extension/Flexion: This exercise should be performed seated with the elbow bent to 90 degrees. Hold a 1 pound weight in your hand with the knuckles towards the ceiling. Slowly raise and lower your wrist. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds. At that time, transition to performing this exercise with a one pound weight with the elbow held out straight. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds.

Wrist Supination/Pronation: In a similar position as above, rotate your wrist back and forth as if you were turning a key in a lock. Start with 1 pound and increase weights, always doing 3 sets of 10 repetitions. Once 10 pounds is reached, begin to extend the elbow as before.

Wrist deviation: In a similar position a knuckles should be upright. Start with s before, deviate the wrist from side to side. Your repetitions. Once 10 pounds is reached1 pound and increase weights, always doing 3 sets of 10 , begin to extend the elbow as before.



*** Remember, be patient! You should not expect results overnight. For best chance of success, combine this program with anti-inflammatory medications and/or a brace if directed by your physician.**