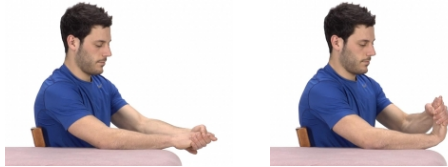


Phase 1: Wrist & Hand ROM

Notes: Perform exercises 3-4x/day as pain allows in a slow & controlled manner; never force the movement into pain. Start with 5-10 repetitions for 5s holds during range of motion exercises. Stretches of the forearm should be held for 20-30s. You may benefit from using a heat pack on your wrist prior to exercise (10-15 minutes) or performing the exercises in a hot shower & using a cold pack/ice after exercise if your wrist feels sore (10-15 minutes). Never place heat/ice directly on your skin.

1- Wrist extension



Sit in a chair placed next to a table.
Place your forearm on the table while letting your hand dangle off the edge of the table.
Lift the back of your hand upwards while assisting with your other hand.
Repeat up to 20 reps as tolerated with 5-10s hold at end range. Never force the movement.

2- Stretching wrist flexors



Sit up straight in a chair and look directly ahead of you.
Place the fingers and palms of your hands together.
Lower your hands and spread your elbows apart as far as you can while keeping your palms together.
Relax your hands.
When performed correctly, this exercise causes your wrists to bend back until you feel a stretch across your palms, wrists, and inner forearms.
Hold for 20-30s. Repeat 3-4 times.

3- Wrist flexion



Sit up straight in a chair with your elbow tucked in by your side and your forearm perpendicular to your upper arm. Your palm should face the ceiling.
Lift up your hand.
Lower your hand.

4- Extensors stretching



Place the arms at chest height with elbows bent and hands together.
With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm.
Hold the stretch for 20-30s as tolerated. Repeat 3-4 reps.

5- Wrist extensors stretch



Let your arm hang by your side with the palm facing backwards.
Flex your wrist so that the fingers are trying to touch the forearm.
You should feel a pull in the muscles/tendons of the extensors (top of the forearm/wrist).
Hold the position for 20-30s as tolerated.
PROGRESSION: gently press down against a table top or seat of your chair to increase the intensity of the stretch.

6- Radial deviation, w/o gravity



Sit with your forearm and wrist lying flat on the table (palm down). Slowly bend your wrist along the table towards your body and then away from your body as if wiping the table with a cloth. Do not allow your elbow to move. Use unaffected hand to assist as required. Repeat up to 20 reps as tolerated with 5s holds at end range.

7- Active-Assisted Pronation



Bend one elbow and place it next to your body. Turn your palm down as far as you are able. Keep the palm facing down on the stretched arm. Place the other hand above your wrist. Rotate your wrist gently to increase the rotation until you feel a stretch in the forearm or as pain allows you to move further into the movement. Hold this position and then repeat.

8- Pronation/supination Hammer Stretch



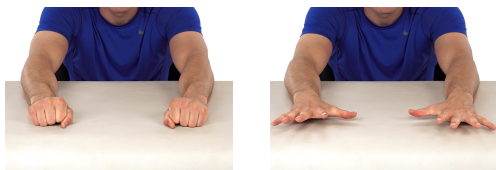
Put your forearm on a table or chair armrest with the wrist unsupported. Hold a hammer by the handle and slowly rotate the forearm palm down or palm up as instructed by therapist. Hold the stretch for 20-30s as tolerated. Repeat 3-4 times.

9- Active-Assisted Supination



Position your elbow at your side, bent to 90 degrees. Turn your palm up to the ceiling as far as you are able. Sit and grasp your forearm with the other hand. Slowly rotate your forearm to bring the palm of your hand facing the ceiling as much as possible using the other hand to help increase the movement until you feel a gentle stretch or as pain allows. Hold & repeat as instructed.

10- Active ROM Hand pump



With arm in resting in your sling. Close your hand into a fist and then open and spread fingers apart. Repeat.

11- Active fingers extension



Place hand on table top
Straighten your fingers as much as you can using your opposite hand to assist as required.
Relax your fingers and hold for 5-10s.
Repeat 5-10 times.
PROGRESSION: lift your fingers off the table top one at a time.

12- Gliding : flat fist



Start with your hand and fingers straight and in line with your forearm. Without moving your wrist, flex the fingers straight to form a 90 degree angle with the hand, then flex between the first and second phalanx so the tip of your fingers come straight in the palm of the hand.
Keep the second and third phalanx in a straight line at all time.
Reverse the movement and straighten your hand and fingers back to the starting position, then repeat following the guidelines.

13- Gliding : table top



Start with your hand and fingers straight and in line with your forearm. Without moving your wrist or your interphalangeal joints, flex your metacarpophalangeal joint only to form an angle of 90 degrees between your fingers and your hand.
Straighten your hand and fingers back to the starting position, then repeat following the guidelines.

14- Gliding: hook



Start with your hand and fingers straight and in line with your forearm. Without moving your wrist and your first phalanx, flex the two last knuckles of your fingers and straighten your hand and fingers back to the starting position, then repeat following guidelines.

15- Make a fist



Start with your hand and fingers straight and in line with your forearm. Without moving your wrist, curl your fingers to form a fist and straighten your hand and fingers back to the starting position then repeat following guidelines.

16- Thumb flexion

Bend your thumb so as to bring the tip of it as close to the center of your palm as you can.
Relax your thumb.

17- Thumb/finger opposition

Sit up straight in front of a table with your arms resting comfortably on it.
Touch the tip of each of your fingers with the tip of your thumb.
To progress, squeeze open a clothespin between the tips of each of your other fingers.



Exercise 1 : Wrist extension



Exercise 2 : Stretching wrist flexors



Exercise 3 : Wrist flexion



Exercise 4 : Extensors stretching



Exercise 5 : Wrist extensors stretch



Exercise 6 : Radial deviation, w/o gravity



Exercise 7 : Active-Assisted Pronation



Exercise 8 : Pronation/supination Hammer Stretch



Exercise 9 : Active-Assisted Supination



Exercise 10 : Active ROM Hand pump



Exercise 11 : Active fingers extension



Exercise 12 : Gliding : flat fist



Exercise 13 : Gliding : table top



Exercise 14 : Gliding: hook



Exercise 15 : Make a fist

**Exercise 16 : Thumb flexion****Exercise 17 : Thumb/finger opposition**