

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. You may benefit from using a cold pack/ice after exercise if your wrist feels sore (10-15 minutes). Never place ice directly on your skin.

1 Assisted Wrist extension



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.

2 Assisted wrist flexion



Sit and rest your forearm on a table in front of you, letting your hand hang over the edge of the table. Bend your wrist towards the floor, helping yourself with the opposite hand.

3 Radial/Ulnar deviation



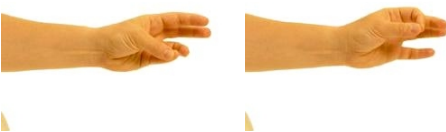
Sit with your wrist hanging off the edge of the table, thumb pointed up. Slowly lift your wrist towards the ceiling and hold. Then slowly lower your wrist towards the floor and hold. Repeat.

4 Active-Assisted Pronation/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. Then slowly rotate your forearm to bring the palm of your hand facing the floor.

5 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.

6 Thumb extension



Sit up straight.
Bring your thumb up and back so as to straighten it as much as you can.
Relax your thumb.

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1 Assisted Wrist extension

XGEN199



2 Assisted wrist flexion

GEN15514



3 Radial/Ulnar deviation

GEN2497



4 Active-Assisted Pronation/Supination

XGEN2113



5 Thumb/finger opposition

XGEN163



6 Thumb extension

XGEN168