

1

**WRIST EXTENSOR STRETCH**

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

4

**WRIST EXTENSION STRETCH - TABLE**

Place boths hand on a table as shown and gently lean forward until a stretch is felt.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

2

**WRIST FLEXOR STRETCH**

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

5

**WRIST FLEXION - AROM - THIGH**

Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

3

**PRAYER STRETCH - WRIST**

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

6

**WRIST EXTENSION - AROM - THIGH**

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

7



WRIST RADIAL DEVIATION - AROM

Rest your arm on your thigh with your thumb in the upward position. Bend at your wrist up and down and repeat.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 1 Times a Day

10



HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 1 Times a Day

8



WRIST EXTENSION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 1 Times a Day

9



WRIST FLEXION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 1 Times a Day