

A Few Wrist Exercises

OrthoHealth

Wrist Range Of Motion: Bend your wrist forward and backward as far as you can. Repeat 10 times. Do 3 sets.



Flexion: Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.

Extension: Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.

Side to side: Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.



Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10. Repeat exercise as needed.



Opposition stretch: Rest your injured hand on a table, palm up. Touch the tip of your thumb to the tip of each finger. Hold this position for 6 seconds. Repeat 10 times.



Pronation and Supination: With your elbow bent at 90 degrees slowly rotate your hand from a palm upward position to a palm down position. Repeat 10 times. Do 3 sets.



Tendon glides: Start with the fingers of your injured hand held out straight. Gently bend the middle joint of your fingers down toward your upper palm. Hold for 5 seconds. Do 3 sets of 10.



Finger spring: Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Do 3 sets of 10.

