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


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.

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.

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.

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.

Advice from your physician should be followed and supersedes any instruction mentioned above. Please use this as a guideline only.