

Notes :

Exercises are best done little and often. Discomfort is expected, however if your pain is severe you are doing too much.

1 Active 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.
To progress, repeat with a weight.

2 Active wrist extension



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 floor.
Lift up your hand.
Lower your hand.
To progress, repeat with a weight in your hand.

3 Active elbow supination



Stand up straight with your elbow tucked in by your side and your forearm perpendicular to your upper arm.
Turn your palm up towards the ceiling and then down towards the floor.
To progress, repeat with a weight in your hand.

4 Wrist deviation



Sit in a chair with your forearms resting on your lap or armrest and your palms facing each other.
Lift your hands up and then lower them down.

5 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 (without the thumb) and straighten your hand and fingers back to the starting position then repeat following guidelines.