

Notes :

Exercises should be undertaken frequently, if you experience severe pain you are doing too much.

1 Wrist prayer exercise



Sit down and put the elbows on a table, palms facing each others.
Lower your hands while you slide the elbows away from each other, keeping the palms together at all time.
Hold the position as recommended and repeat.

2 Wrist extensors stretching



Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

3 Supinators stretch



Bend one elbow and place it next to your body.
Keep the palm facing down on the stretched arm.
Place the other hand above your wrist.
Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm.
Hold this position and then repeat.

4 Stretching pronators



Bend one elbow next to your body and place the other hand on the back of your hand.
With help from the other hand, rotate your forearm to bring the palm of your hand facing the ceiling until you feel a stretch in the forearm.
Maintain the position and relax.

5 Prehension with ball



Hold a small ball in your hand and squeeze it as hard as you can.
Release the ball slowly.
If your hand is swollen, squeeze and release the ball quickly as in a pumping motion.