

Notes :

Exercises should be undertaken frequently, only commence the exercises below if pain allows and when comfortable to do so.

1 Isometric wrist extension



Place the involved hand palm down on a table and hold it down with the other hand. Keep your elbow on the table and try to raise your hand against the resistance of your top hand. Hold for the recommended duration.

2 Isometric wrist flexion



Place one hand over the palm of the other hand and try to flex your wrists, not allowing them to move. Alternate positions with each set.

3 Incline push-up



Start in a plank position against a table or a piece of stable furniture with your hands shoulder width apart. Your body should be at a 45° angle with the ground. With your body stable and completely straight, bend the arms to bring the chest close to the table. Push-back to the starting position. Keep your chin tucked during the exercise.