

Basic exercises for the wrist

PATIENT INFORMATION FROM YOUR DOCTOR

Do exercises slowly to gain maximum benefit.

- Do NOT push beyond the point of pain.
- Do exercises ___ times daily.
- Do ___ repetitions.
- Hold each position for 10 seconds or longer.

Palm up/palm down

Hold your elbow bent at 90 degrees next to your side, and turn your palm downward (see Figure 1a). Push only to the stretching point, and hold that position for 10 seconds. Then turn your palm upward (see Figure 1b), pushing to the stretching point, and hold that position for 10 seconds.

Wrist raised/wrist dropped

With your arm resting on a support or pillow, flex your fingers into a loose light fist, lift your wrist up toward the ceiling as far as you can stretch, and hold that position for 10 seconds (see Figure 2a). Then drop your wrist slowly, while opening your fingers slightly and pushing to the stretching point, and hold that position for 10 seconds (see Figure 2b).

Toward thumb/toward little finger

Rest your forearm on a table with your hand as flat as you can make it (see Figure 3a). Without moving your forearm, slide your hand toward the thumb to the point of stretching or resistance, and hold that position for 10 seconds. Then slide your hand toward the little finger to the point of stretching or resistance, and hold that position for 10 seconds (see Figure 3b).

FIGURE 1

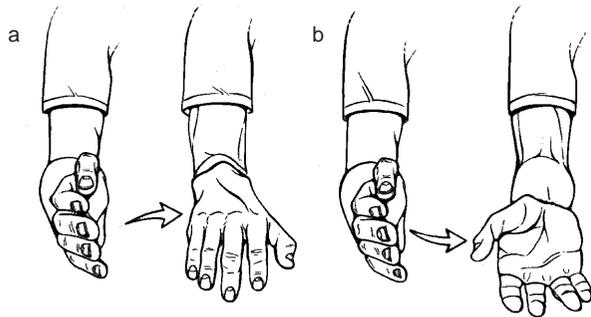


FIGURE 2

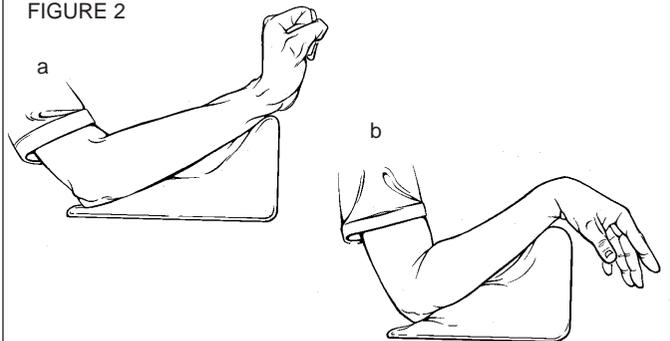
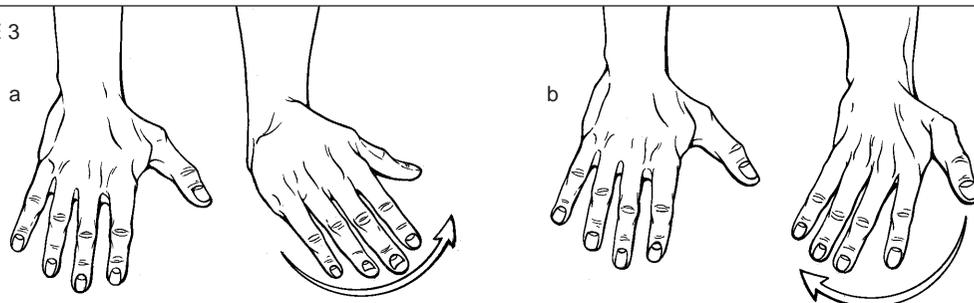


FIGURE 3



Drawings are adapted with permission of Christine R. Oagley, MOT, OTR.

Standard wrist isometric exercises

PATIENT INFORMATION FROM YOUR DOCTOR

Follow these guidelines:

- Use only enough pressure to contract the muscle without moving the joint up and down or side to side.
- Do exercise ___ times daily.
- Do 10 repetitions.
- Hold each repetition for 6 seconds; then relax the muscle for 6 seconds before the next repetition (6 seconds on, 6 seconds off).

Flexion

Place your forearm on a table with your fingers resting just off the edge. Keeping your fingers loose, gently press the palm of your hand toward the base of your long finger, so that you can feel the muscles of your forearm tighten. Hold the tightening for 6 seconds; then relax for 6 seconds (see Figure 1).

Extension

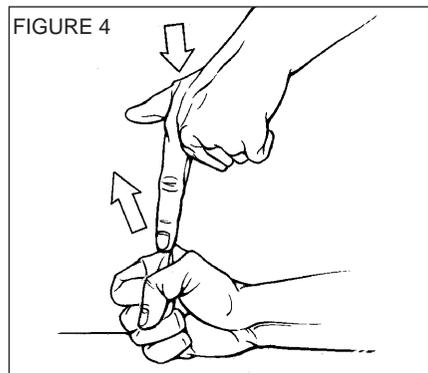
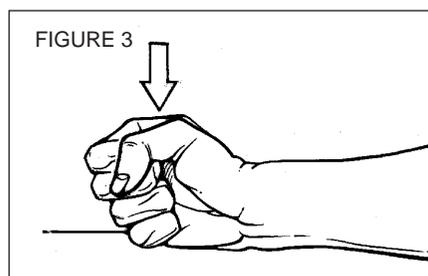
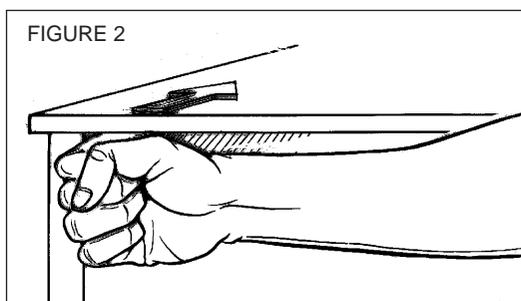
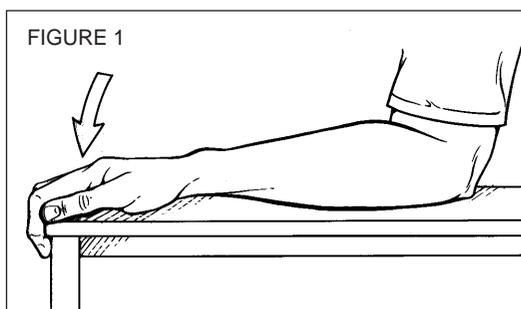
With your fingers in a loose fist, place your forearm and the back of your hand against the side of a table directly in front of you. Press your knuckles against the table for 6 seconds as though you were knocking on a door. Then relax for 6 seconds (see Figure 2).

Toward little finger

Place your entire forearm and hand on a table, resting on the side of the little finger, with your fingers in a loose fist. Press the little-finger side of your hand against the table, feeling the muscles contract. Hold that position for 6 seconds; relax for 6 seconds (see Figure 3).

Toward thumb

With your forearm and hand in exactly the same position as for the previous exercise, place the index finger of the opposite hand on top of the knuckle near the thumb. Raise the wrist against the resistance of your index finger, and hold that position for 6 seconds. Relax for 6 seconds (see Figure 4).



Drawings are adapted with permission of Christine R. Oagley, MOT, OTR.