



Wrist Flexion and Extension

Keeping your elbow straight, use your unaffected hand to bend the affected wrist downward as shown. Hold this stretch for 30 seconds.

Still keeping your elbow straight, use your unaffected hand to band the wrist upward as shown. Hold this stretch for 30 seconds. The stretch should be strong, but pain free

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST EXTENSION

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat.

Once this motion is pain free you can begin with light hand weights or a water bottle and repeat the above sequence.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



WRIST FLEXION

Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Once the above motion is pain free you may use a light hand weight or water bottle and repeat the above sequence.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



WRIST RADIAL AND ULNAR DEVIATION

Place your hand on a table in front of you bend your wrist towards the thumb side and then return, and bend your wrist towards the pinky side then return.

Once the above motion is pain free you may use a light hand weight or water bottle rotate your hand to a thumbs up position and repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



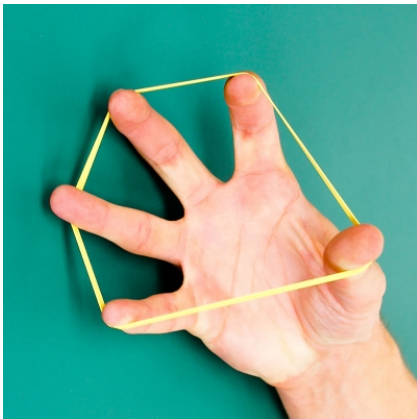
WRIST SUPINATION AND PRONATION

Turn your forearm towards palm face up, and repeat by turning your forearm with palm face down.

Keep your elbow bent and by the side of your body.

Once the above motion is pain free you may use a light hand weight or water bottle rotate your hand to a thumbs up position and repeat both "twisting" motions.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



BALL SQUEEZE

With an elastic ball, firmly squeeze it in the palm of your hand.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day