

Wrist ROM Exercises

Do these _____times per day.

Hold just beyond the first point of pain. Do not go to the most pain you can stand.

1. **Active Wrist Extension**- Start with hand flat on table. Slowly lift hand off the table while keeping your fingers relaxed. Keep forearm on table.

Hold _____seconds

Repeat_____times

2. **Passive Wrist Extension**-Start with your hand flat on the table. Hold onto your affected hand with your opposite hand. Palms of hands should be together (not up on your fingers). Slowly bend hand back.

Hold _____seconds

Repeat_____times



3. **Active Wrist Flexion**-Hand hand over edge of table with palm of hand face down. Slowly drop hand down further so you are bending at the wrist.

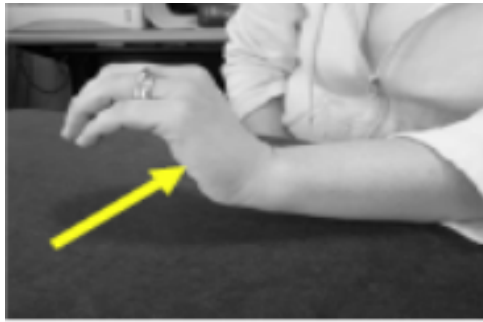
Hold_____seconds

Repeat_____times

4. **Passive Wrist Flexion**-Start with the hand over the edge of the table as above in #3. Put your opposite hand on the back of your affected hand (not on the fingers). Slowly push your hand down.

Hold_____seconds

Repeat_____times



Wrist Deviation Exercise

Do these _____ times per day.

Hold just beyond the first point of pain. Do not go to the most pain you can stand.

1. **Active Radial Deviation**-start with hand flat on the table. Slowly bend your hand toward the thumb side.

Hold _____ seconds

Repeat _____ times



2. **Passive Radial Deviation**-start with hand flat on the table. Hold onto your affected hand with your opposite hand. Slowly pull it towards the thumb side of your hand.

Hold_____seconds

Repeat_____times



3. **Active ulna deviation**-start with hand flat on the table. Slowly bend your hand toward your little finger.

Hold_____seconds

Repeat_____times



4. **Passive ulna deviation**-start with hand flat on the Table. Hold onto your affected hand with your opposite Hand. Slowly push your hand toward your little finger.

Hold _____seconds

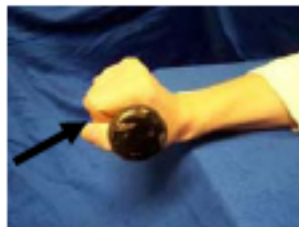
Repeat_____times



Wrist and Forearm Strengthening

Do these _____times per day

1. **Wrist Extension**-Start with hand over the edge of a table or propped up on a pillow. Palm of hand should be face down. Hold onto a _____pound weight. Lift hand up bending at the wrist_____times. Make sure forearm does not lift up off the surface it is on.
2. **Wrist Flexion**-Start with hand over the edge of a table or propped up on a pillow. Palm of hand should be face up. Hold on to a _____ weight. Lift hand up bending at the wrist _____times. Make sure forearm does not lift up off the surface it is on.



3. **Forearm**-Start with elbow by your side. Hold onto a light weight hammer.

Hammer should be pointing towards the ceiling to start. Slowly turn the forearm so hammer tilts back to the outside (palm of hand would be pointing up). Then bring hammer up to starting position and slowly drop hammer towards your other side (palm of hand would be pointing down). Repeat this _____times.

