

Wrist Extensor Stretch - Pronation

Reps: 3-4 | Hold: 15-20 | Frequency: 6-8 times daily

Preparation:

- Hold arm out straight.
- Bend your wrist down.

Execution:

- Use other hand to pull wrist further down, feeling for a stretch in the top of your forearm.
- Keep elbow straight.



Stretch Wrist

Wrist Flexor Stretch Supination

Reps: 3-4 | Hold: 15-20 | Frequency: 6-8 times daily

Preparation:

- Hold arm out straight, palm up, wrist extended.

Execution:

- Use other hand to pull wrist further, feeling for a stretch.
- Keep elbow straight.



Pull wrist down

Strength

Start strengthening after pain has minimized.

Wrist Flexion Concentric (Band)

Sets: 1 | Reps: 50

Preparation:

- Hold band in hand.
- Hang wrist over edge of table, palm up.

Execution:

- Curl wrist toward ceiling. Do not lift forearm off table.
- Relax wrist back down.

Tip:

- As wrist relaxes, let weight roll toward tips of fingers, feeling for an increased stretch in your palm.



Hold tubing



Curl wrist toward ceiling

Wrist Extension Eccentric (Band)

Sets: 1 | Reps: 50

Preparation:

- Hold a band in your hand.
- Hang wrist over edge of table, palm down.
- Bend wrist up toward ceiling. Do not lift forearm off table.

Execution:

- SLOWLY lower wrist down, 'fighting' the resistance.
- Bend wrist up, returning to the start position.



Hold tubing - Extend wrist



Slowly lower wrist, fighting the resistance

Forearm Pronation/Supination Concentric (Dumbbell)

Reps: 50

Preparation:

- Sit with good posture
- Position your forearm on a support surface with palm toward ceiling

Execution:

- Turn your wrist over so that your palm faces the floor
- Return to the start position in a controlled manner



Start Position



Finish Position

Elbow Flexion Supination Eccentric (Band)

Reps: 50

Preparation:

- Sit or stand with your arm at your side
- Hold band in your hand

Execution:

- Bend your elbow up towards your chest.
- SLOWLY lower back down with control.



Bend elbow, palm up



SLOWLY lower