

## Personal exercise program

### Wrist

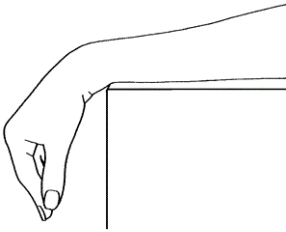
Coventry & Warwickshire NHS PT

Coventry & Warwickshire NHS PT

Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,  
Coventry, United Kingdom

Provided for                      Wrist Exercise

---

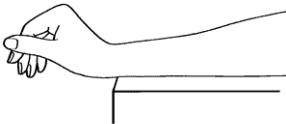


Rest affected hand and wrist off the table. Keep the arm on the table. Move your hand down as far as possible bending at your wrist yet allowing your fingers to straighten.

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

©BJC HealthCare

---

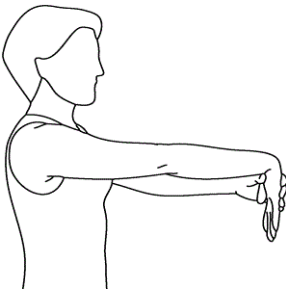


Rest the affected hand and wrist off of the table. Keep the arm on the table. Move your hand up as far as possible bending at your wrist and letting your fingers relax. Your fingers will naturally stay in a bent position if they are relaxed.

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

©BJC HealthCare

---



©Karen Orlando

With your palm facing down, reach your arm out in front and straighten your elbow.

Bend your wrist down to the floor. Push the wrist down further with your other hand.

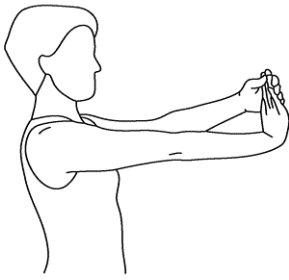
To increase the stretch, turn the elbow crease of the arm towards the ceiling.

**NOTE:** Do not lift your shoulder. Stretch only to the point of initial discomfort. **KEEP ON BREATHING.**

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

---



©Karen Orlando

Reach your arm out in front and straighten your elbow.

Pull your fingers up to the ceiling with the other hand.

NOTE: Do not lift your shoulder. Stretch only to the point of initial discomfort. KEEP ON BREATHING.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.



©BJC HealthCare

Place the forearm on the table with the hand and wrist off of the edge of the table. Allow weight to stretch wrist downwards.

Use a \_\_\_\_\_ oz/lb/kg weight

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

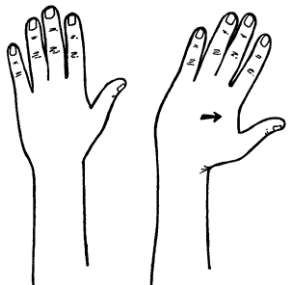


©BJC HealthCare

Place your forearm on the table, with your wrist and hand off of the edge of the table. With your hand facing downwards, place a weight in your hand. Move your hand and wrist upwards, lifting the weight.

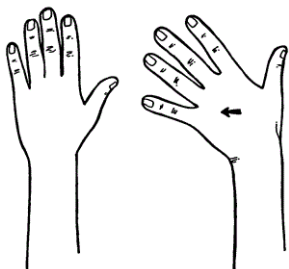
Use a \_\_\_\_\_ oz/lb/kg weight

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



©The Saunders Group Inc.

1. Lay \_\_\_\_\_ hand flat on table as shown
2. Turn hand inward toward thumb as far as you can
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



©The Saunders Group Inc.

1. Lay \_\_\_\_\_ hand flat on table as shown
2. Turn hand outward toward little finger as far as you can
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



1. Begin with thumb facing up
2. Turn palm upward
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day