

Wrist Exercises

Do each of the movements slowly 10 times, repeat 3 times a day



1. Curl fingers down and up (finger tips)
2. Bend from knuckles, keeping fingers straight
3. Full roll up fingers



Take your thumb across touch tip and base of each finger



Bend your wrist forwards



Take your wrist back



Take your wrist to the side



Take your wrist to the side



Pull wrist apart and bend forwards

Forearm Supination/Pronation



- Start with your elbow bent and by your side
- Rotate your lower arm so your palm faces up and then down



Pull wrist apart and bend backwards



Palms together and move elbows apart
Hold 30 seconds x 3



Ball squeeze - full grip, pinch grip, thumb push



- Support your forearm on a table with palm facing down
- Hold a weight in the hand of your painful side.
- Use your other hand to bend your wrist up.
- Then let go of your wrist and use just your painful side to lower the weight slowly back to the starting position.



- Support your forearm on a table with palm facing up
- Hold a weight in the hand of your painful side.
- Use your other hand to bend your wrist up.
- Then let go of your wrist and use just your painful side to lower the weight slowly back to the starting position.