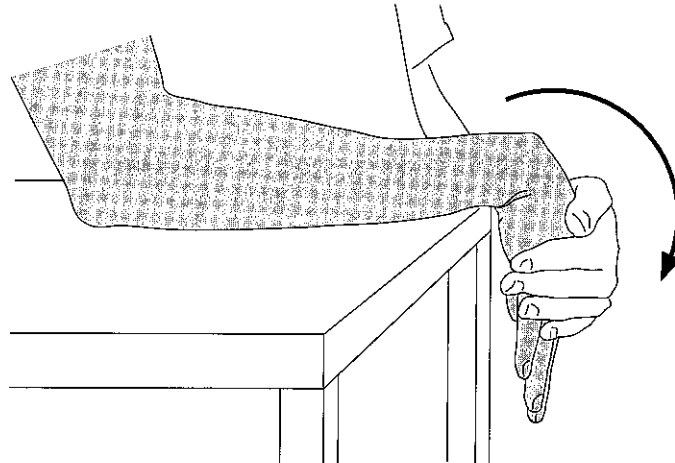


Wrist—Hints

1. If your wrists are stiff, gently exercise them 2–3 times a day.
2. Avoid bending the wrist when carrying heavy objects. It is better to support the object in your arms.
3. Try to alternate activities. For example, if you normally open doors with your right hand, switch to the left hand. If you open jars with your right hand, switch to the left. This reduces stress on the joint.
4. If your wrists are stiff try the stretching exercises in Chapter 8.
5. Warm up your wrists prior to your usual activities. Use warm soaks, hot packs, or gentle active range of motion exercises (see exercises in Chapter 8).
6. Apply an icepack to your wrists if they hurt after exercise or strenuous activity.
7. When carrying heavy objects, avoid any extreme flexing or extending of the wrists.
8. Don't sleep with your wrists in an extreme flexion or extension position.
9. Don't lean on your wrists for longer than 2 to 3 minutes.

Wrist—Exercise 1



Patient Name: _____ **Date:** _____

Starting position: Sitting. Place involved wrist over the edge of a table. Grasp the top of involved hand with your uninvolved hand.

Exercise: Gently stretch involved wrist toward the floor.

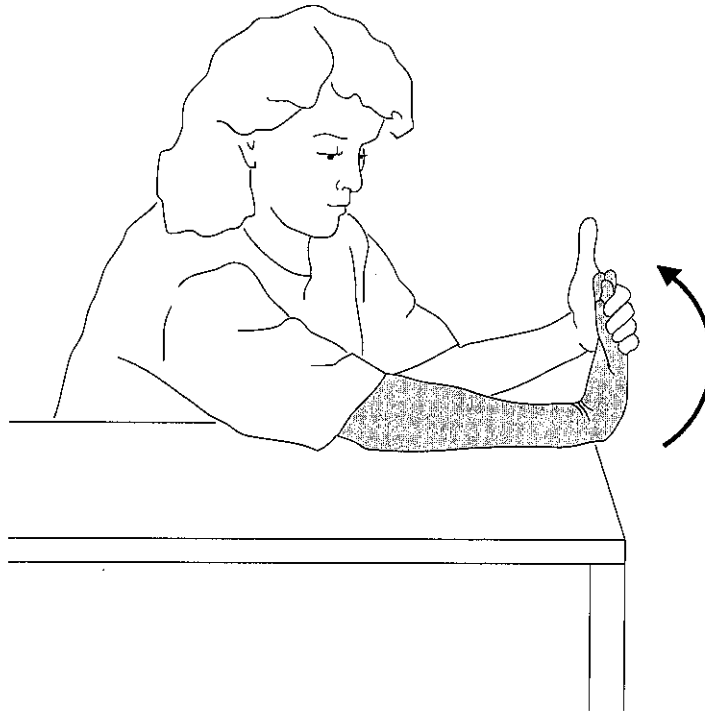
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 2



Patient Name: _____ **Date:** _____

Starting position: Sitting with involved arm and wrist on a table. Grasp involved hand with your uninvolved hand.

Exercise: Gently stretch involved hand backward toward your shoulder.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing or sitting. Place the palms of your hands together.

Exercise: Slowly lower your hands until a stretch is felt in your involved wrist.

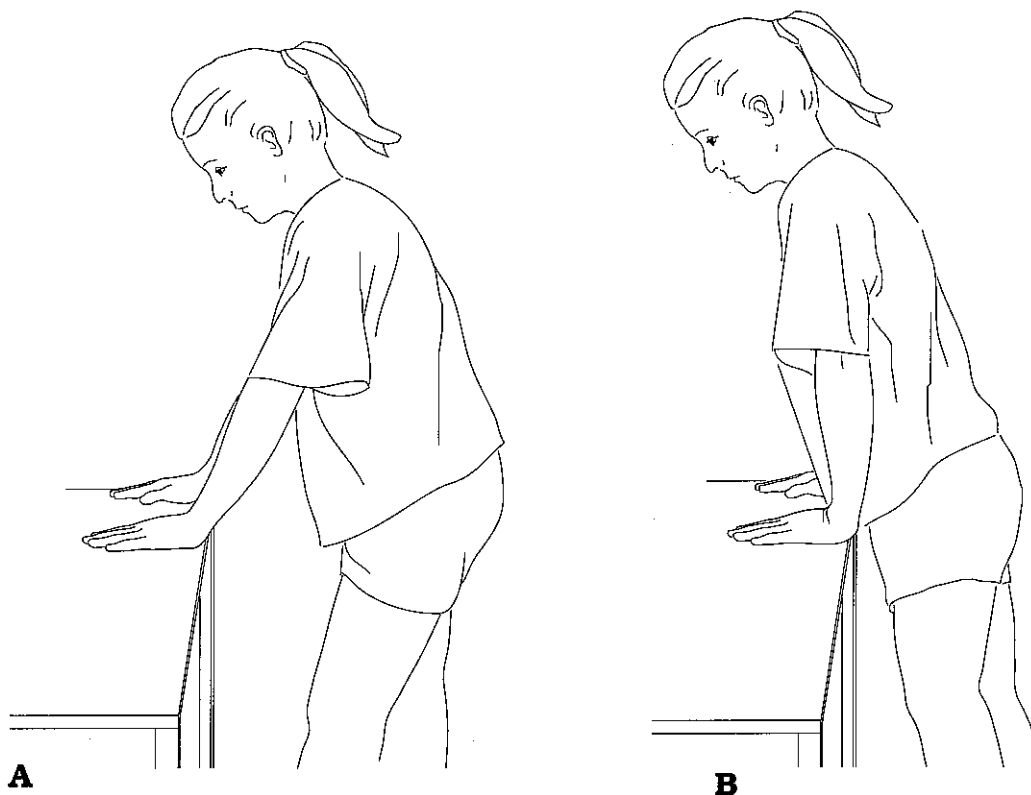
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 4



Patient Name: _____ **Date:** _____

Starting position: Standing at the edge of a table with both palms on the table.

Exercise: Gently lean your body over your wrists until a stretch is felt in your involved wrist.

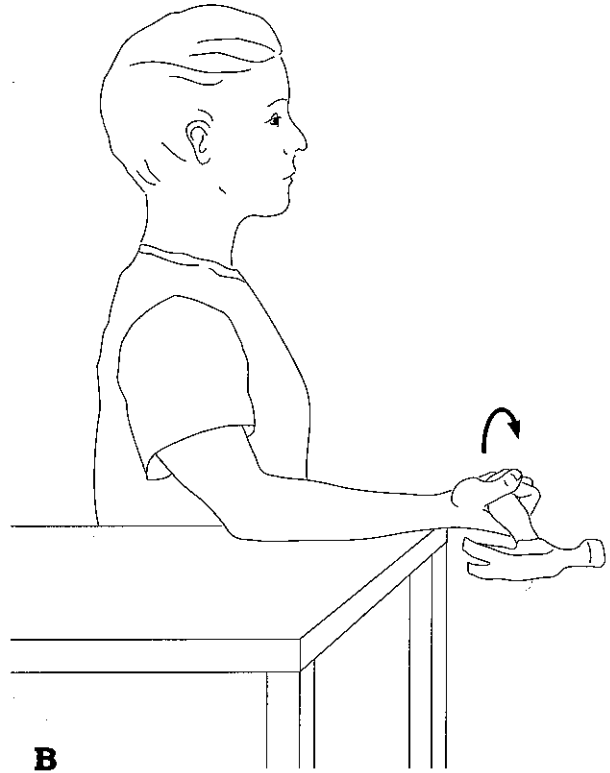
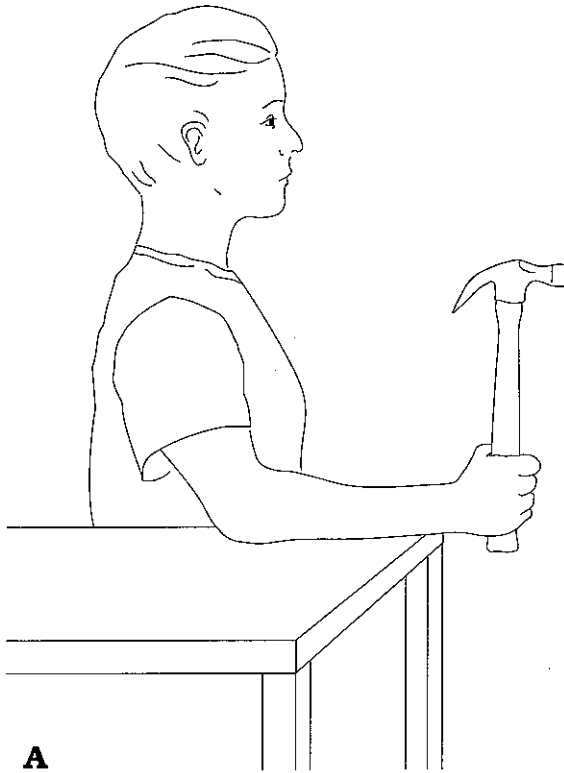
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 5



Patient Name: _____ **Date:** _____

Starting position: Sitting with involved forearm over the edge of a table. Your involved hand holds a hammer.

Exercise: Slowly allow the hammer to turn your wrist so that the palm of your hand faces the ceiling. Return to the starting position.

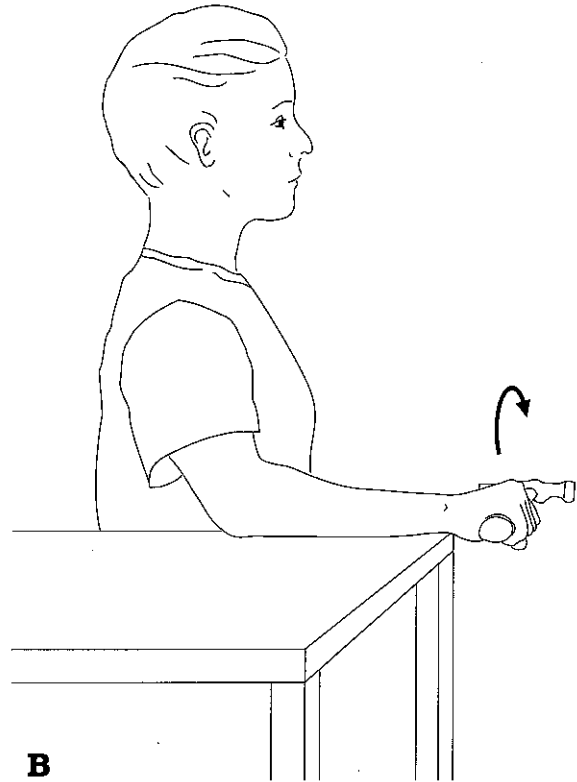
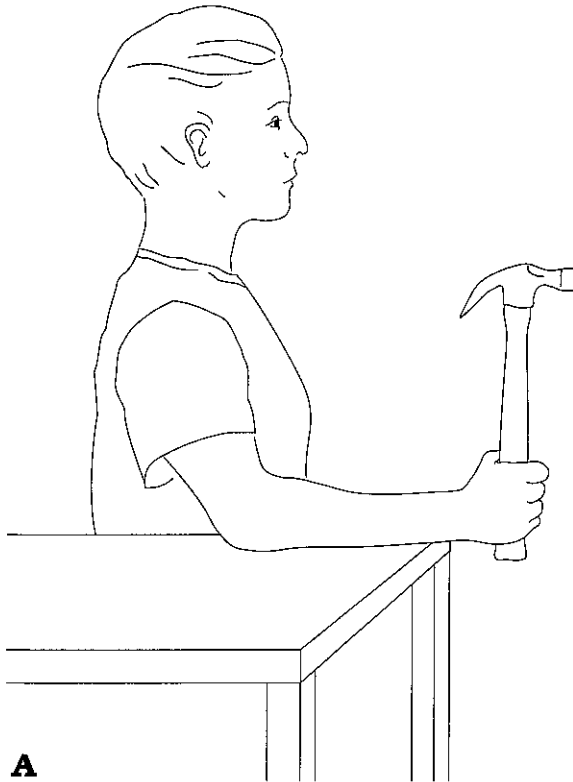
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 6



Patient Name: _____ **Date:** _____

Starting position: Sitting with involved wrist over the edge of a table. Your involved hand holds a hammer.

Exercise: Slowly allow the hammer to turn your wrist so that the palm of your hand faces the floor. Return to the starting position.

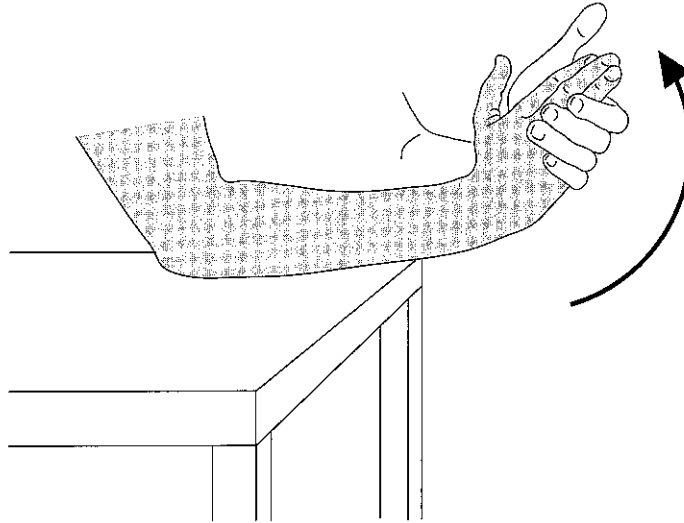
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 7



Patient Name: _____ **Date:** _____

Starting position: Sitting. Clasp your hands together and place your wrists over the edge of a table.

Exercise: With your uninvolved hand, gently pull your involved hand toward the ceiling. Return to the starting position.

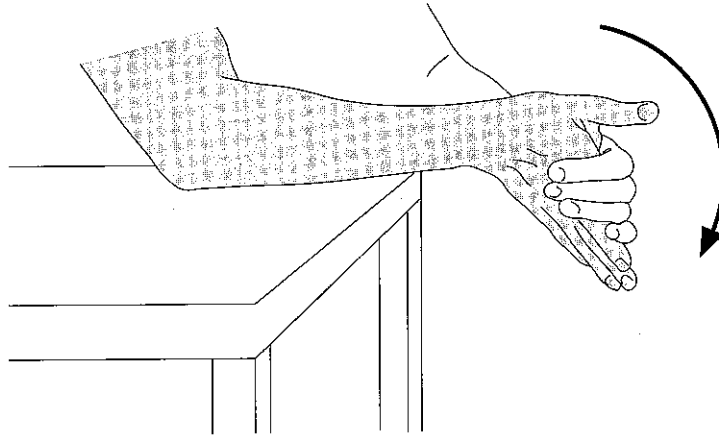
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 8



Patient Name: _____ **Date:** _____

Starting position: Sitting. Clasp your hands together and place your wrists over the edge of a table.

Exercise: With your uninvolved hand, gently pull your involved hand toward the floor. Return to the starting position.

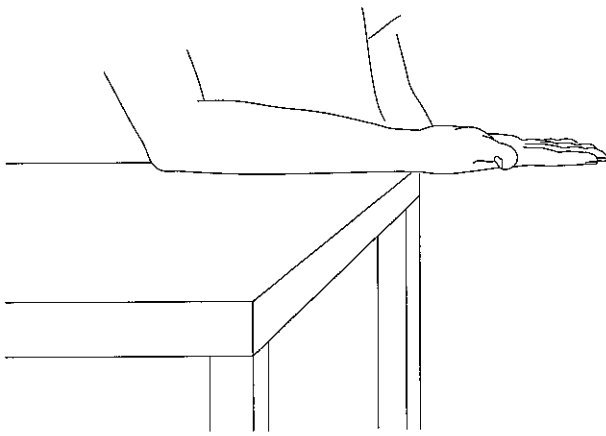
Hold _____ seconds.

Repeat _____ times.

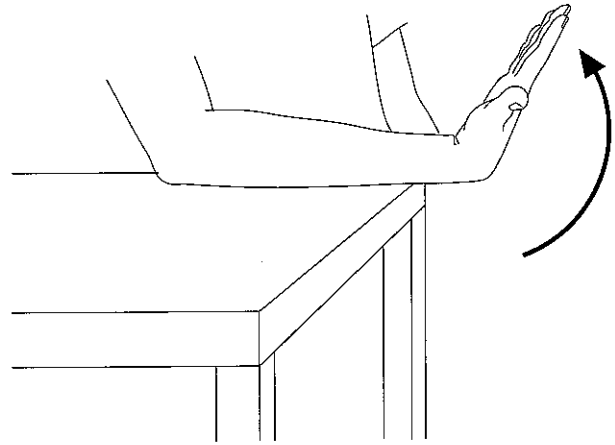
Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 9



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved wrist rests palm up over the edge of a table.

Exercise: Lift your hand toward the ceiling without lifting your forearm off the table.

Hold _____ seconds.

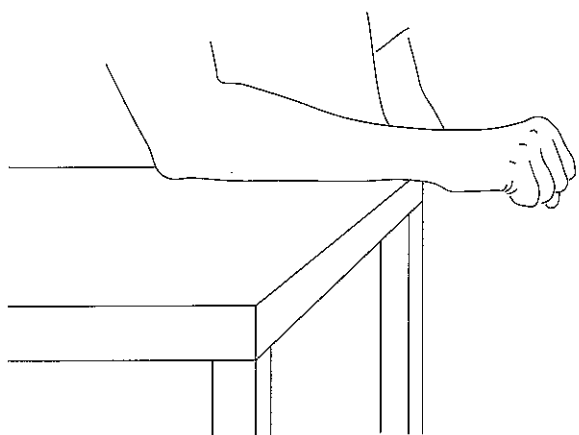
Use _____ pounds.

Repeat _____ times.

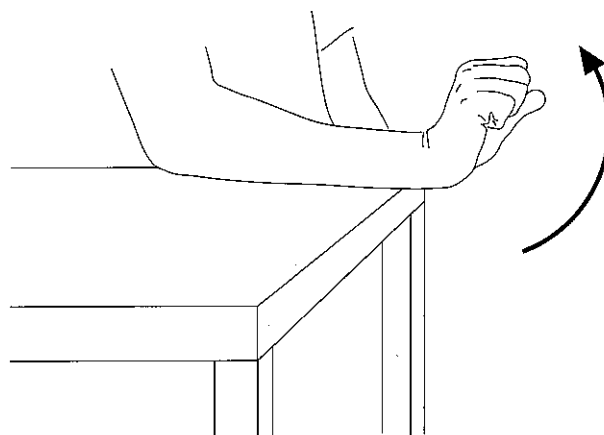
Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 10



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved wrist rests palm down over the edge of a table. Make a fist.

Exercise: Lift your fist toward the ceiling without lifting your forearm off the table.

Hold _____ seconds.

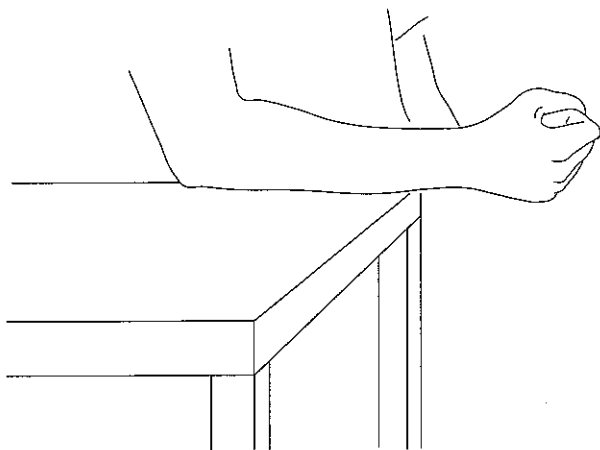
Use _____ pounds.

Repeat _____ times.

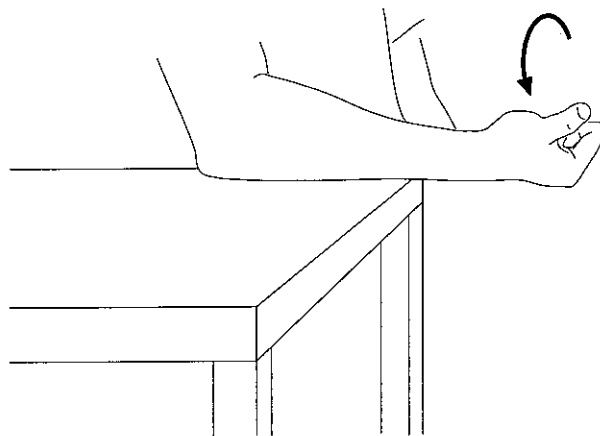
Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 11



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved forearm rests over the edge of a table. Make a fist and point your thumb toward the ceiling.

Exercise: Slowly turn your wrist so that your palm faces the ceiling. Keep your forearm on the table. Return to the starting position.

Hold _____ seconds.

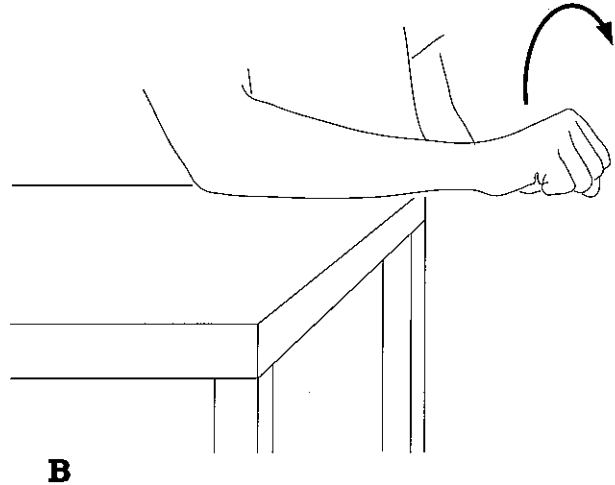
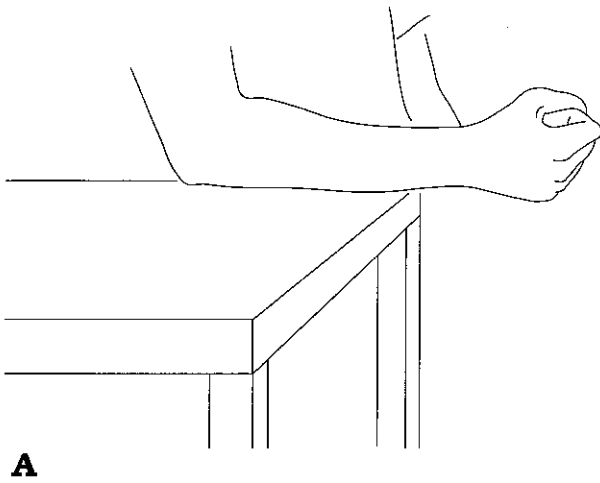
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 12



Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved forearm rests over the edge of a table. Make a fist and point your thumb toward the ceiling.

Exercise: Slowly turn your wrist so that your palm faces the floor. Keep your forearm on the table. Return to the starting position.

Hold _____ seconds.

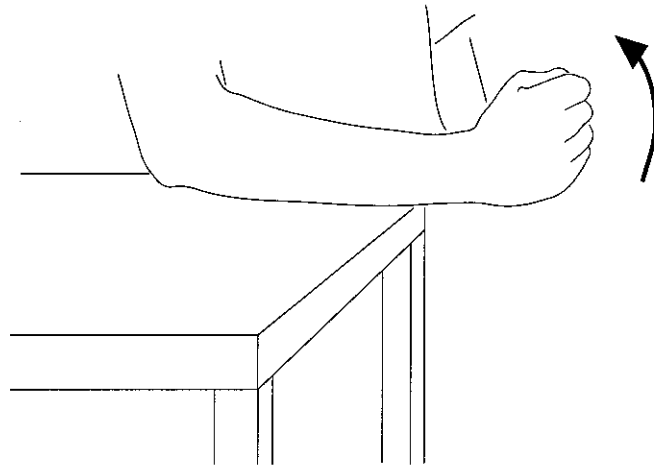
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 13



Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved forearm rests over the edge of a table and your thumb points toward the ceiling.

Exercise: Slowly lift your hand toward the ceiling. Keep your forearm on the table. Return to the starting position.

Hold _____ seconds.

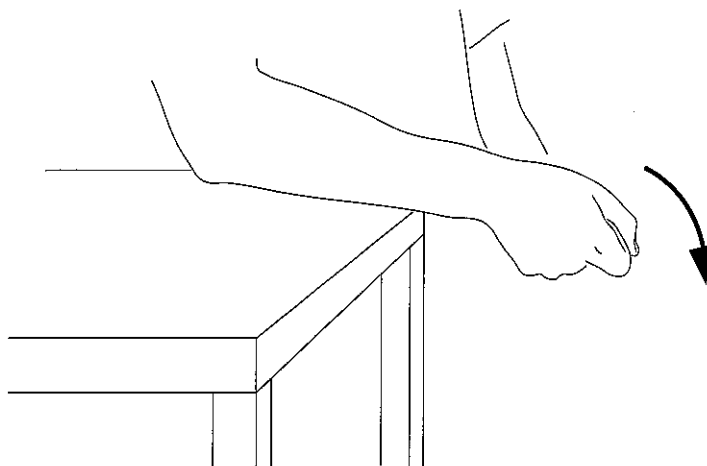
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 14



Patient Name: _____ **Date:** _____

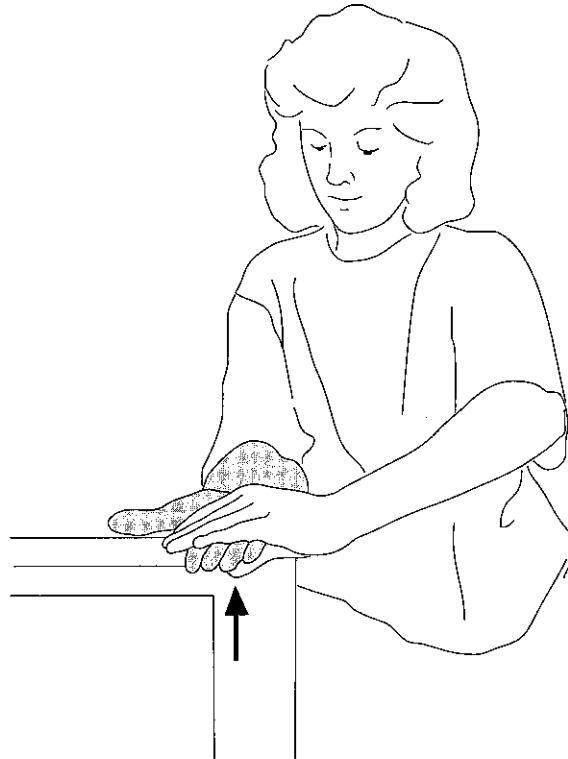
Starting position: Sitting. Your involved wrist rests over the edge of a table and your thumb points toward the ceiling.

Exercise: Slowly push your hand toward the floor. Keep your forearm on the table. Return to the starting position.

Hold _____ seconds.
Use _____ pounds.
Repeat _____ times.
Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 15



Patient Name: _____ **Date:** _____

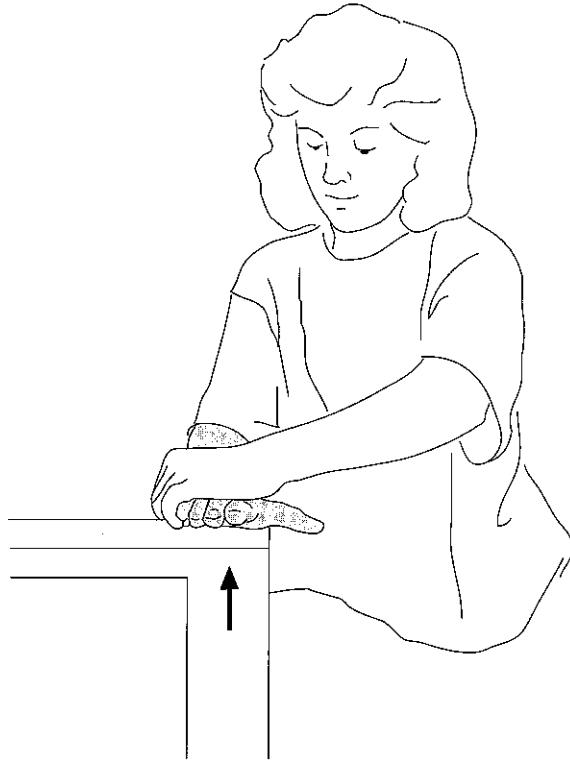
Starting position: Place involved wrist and hand palm up on a table. Place uninvolved hand on top of involved hand.

Exercise: Attempt to lift involved hand toward the ceiling while your uninvolved hand prevents the motion. Start with light pressure, build to maximal pressure, then return to light pressure.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 16



Patient Name: _____ **Date:** _____

Starting position: Place involved wrist and hand palm down on a table. Place uninvolved hand on top of involved hand.

Exercise: Attempt to lift involved hand toward the ceiling while uninvolved hand prevents the motion. Start with light pressure, build to maximal pressure, then return to light pressure.

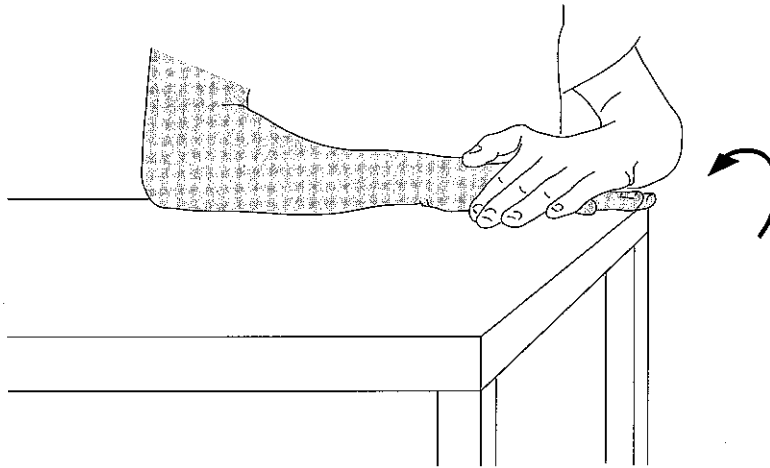
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 17



Patient Name: _____ **Date:** _____

Starting position: Place involved wrist and hand palm down on a table. Place uninvolved hand on top of involved wrist and hand.

Exercise: Attempt to turn involved wrist and hand palm up while uninvolved hand prevents the motion. Start with light pressure, build to maximal pressure, then return to light pressure.

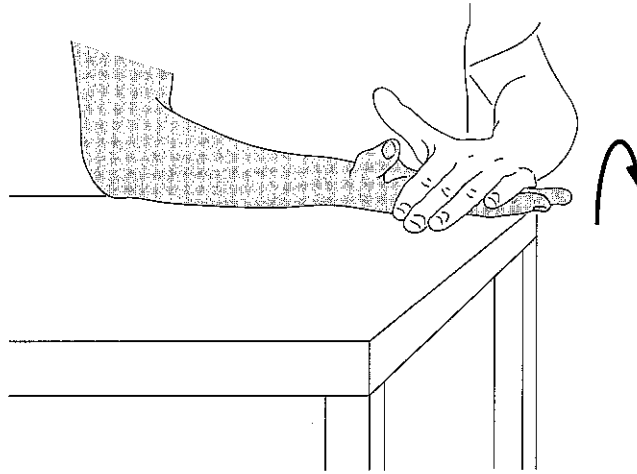
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 18



Patient Name: _____ **Date:** _____

Starting position: Place involved wrist and hand palm up on a table. Place uninvolved hand on top of involved wrist and hand.

Exercise: Attempt to turn involved wrist and hand palm down while uninvolved hand prevents the motion. Start with light pressure, build to maximal pressure, then return to light pressure.

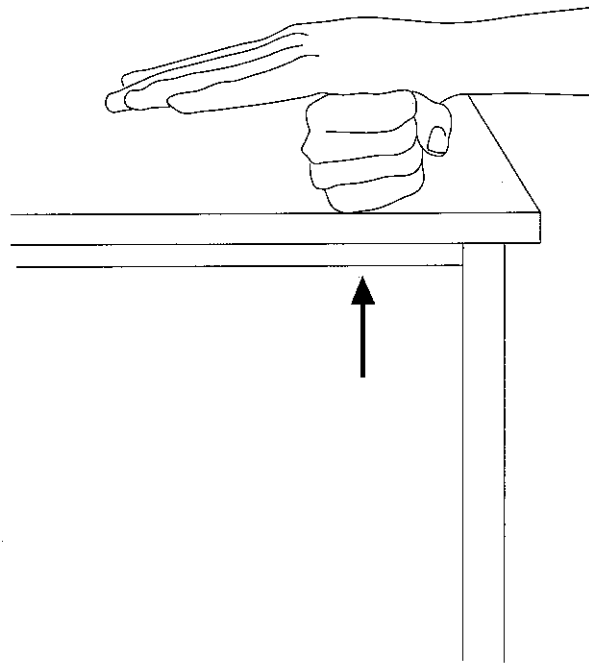
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 19



Patient Name: _____ **Date:** _____

Starting position: Place involved wrist and hand on a table. You should be making a fist. Thumb points toward the ceiling. Place uninvolved hand on top of involved fist.

Exercise: Attempt to lift involved fist toward the ceiling while uninvolved hand prevents the motion. Start with light pressure, build to maximal pressure, then return to light pressure.

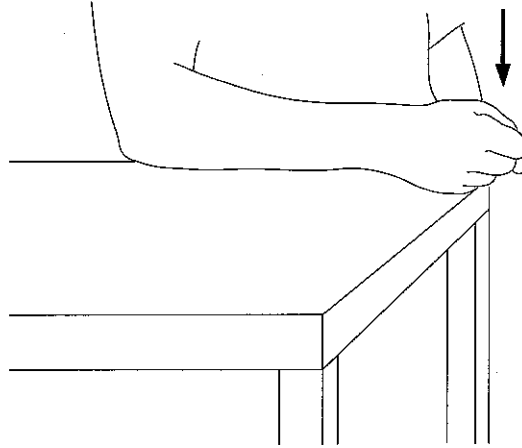
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Wrist—Exercise 20



Patient Name: _____ **Date:** _____

Starting position: Place involved wrist and hand on a table. Your hand is closed and your thumb points toward the ceiling.

Exercise: Attempt to push involved hand into the table. Start with light pressure, build to maximal pressure, then return to light pressure.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

