



GOLDEN STATE ORTHOPEDICS & SPINE

WRIST/FOREARM EXERCISES



1 - PRAYER STRETCH - WRIST

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



5 - WRIST SUPINATION STRETCH

Grasp your wrist as shown and gently turn your affected wrist towards palm face-up. Keep your elbow bent and by the side of your body.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



2 - WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



6 - WRIST CURLS (FLEXION)

Rest your forearm on your thigh or a table and bend your wrist upwards with your palm face up as shown.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a week



3 - WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



7 - WRIST CURLS (EXTENSION)

Rest your forearm on your thigh or a table and bend your wrist upwards with your palm facedown as shown.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a week



4 - WRIST PRONATION STRETCH

Grasp your wrist as shown and gently turn your affected wrist towards palm face-down.

Keep your elbow bent and by the side of your body.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



8 - WRIST CURLS RADIAL DEVIATION

Rest your forearm on your thigh or a table and bend your wrist upwards with your wrist in a neutral position as shown.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a week