



REHABILITATION

# Wrist Weight Bearing

*The following exercises are designed to help increase the stability, strength, and load bearing capacity in the wrist. Your therapist will assess to see what level of exercise you should begin with depending on if you have a wrist fracture or ligament injury and progress your program as you improve.*

## 1. Weight-bearing while standing

While standing, place your hand flat on a table.

Lean through the table with 25%, 50%, 75% or 100% of your weight depending on your therapist's advice.

Hold the position for 5 – 10 seconds.



## 2. Weight-bearing on a wall – push up

Face a wall.

Stand a little further than an arm's length away, with your feet shoulder width apart.

Lift your arms and place your palms flat against the wall at shoulder width apart.

Slowly bend your elbows and lower your body toward the wall in slow, controlled motion.

Hold the position for 3 – 5 seconds.

Slowly push yourself back until your arms are as straight as possible.



## 3. Weight-bearing floor plank and push-up

Get into a push up position (lean on your knees for support if required). Position your hands under but slightly outside your shoulders.

Lower your body until your chest nearly touches the floor.

Slowly raise yourself back up to the original position.

If you find it difficult to return to the starting position, alternatively, complete a modified push up by keeping your knees bent.

