



REHABILITATION

Wrist Strengthening

The following exercises are designed to help increase the stability and strength in the wrist. Your therapist will assess to see what level of exercise you should begin with and progress your program as you improve.

Isometric Exercises

1. Flexion

Rest your forearm on the table, palm up.
Bend (flex) wrist.
With your unaffected hand, gently push down on your hand and resist this force so that your wrist doesn't move.
Hold for 10 seconds, then relax. Repeat 10 times.



2. Extension

Rest your forearm on the table, palm down.
Bend wrist back (extension).
With your unaffected hand, gently push down on your hand and resist this force so that your wrist doesn't move.
Hold for 10 seconds, then relax. Repeat 10 times.



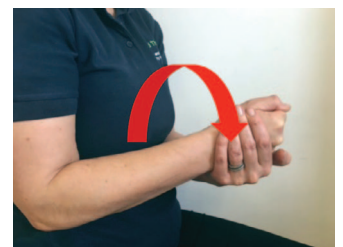
3. Pronation

Bend your elbow to 90 degrees and tuck it into your side with your thumb pointing to the ceiling.
Start to rotate your forearm so your palm is facing down (pronation).
Place your unaffected hand under your wrist and gently block the twist.
Aim to resist this force so that your wrist does not move.
Hold for 10 seconds and then relax. Repeat 10 times.



4. Supination

Bend your elbow to 90 degrees and tuck it into your side with your thumb pointing to the ceiling.
Start to rotate your forearm so your palm is facing up (supination).
Place your unaffected hand on the back of the wrist, and gently clock the twist. Aim to resist this force so that your wrist doesn't move.
Hold for 10 seconds and then relax. Repeat 10 times.





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Eccentric Exercises

1. Flexion

Holding onto a weight. Begin with your forearm resting on a table palm up, ensuring your wrist is off the edge of the table.

Slowly bend (flex) your wrist upwards. Hold for a count of 10 seconds and then slowly lower your wrist.

Repeat this movement 10 times.



2. Extension

Holding onto a weight. Begin with your forearm resting on a table palm down, ensuring your wrist is off the edge of the table.

Slowly bend (extend) your wrist towards you. Hold for a count of 10 seconds and then slowly lower your wrist.

Repeat this movement 10 times.

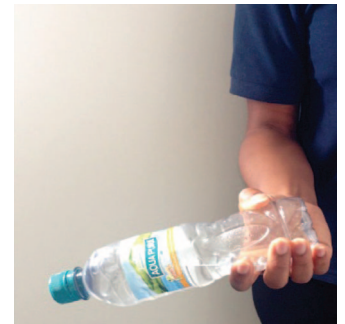


3. Pronation

Start with your elbow tucked into your side, your palm facing upwards and your chosen weight in your hand.

Move your hand slowly and smoothly so that your palm is facing downwards. Then slowly return to the starting position taking your elbow tucked to your side throughout the movement.

Repeat 10 times.

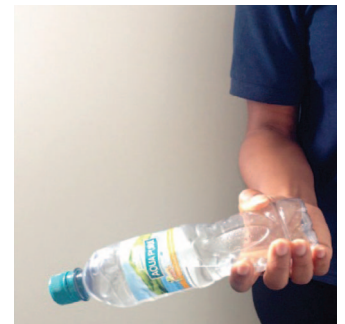
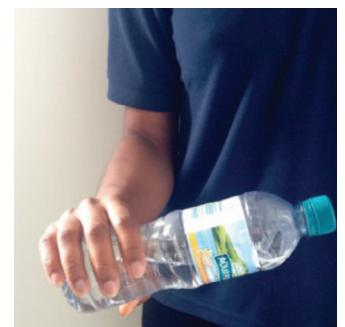


4. Supination

Holding onto your chosen weight, rest your elbow on a table.

Pretend you are going to throw a dart by bending your wrist in the direction of your thumb then slowly and smoothly move your wrist diagonally forwards in the direction of your little finger.

Repeat 10 times.





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4. *Supination and Pronation (Using Theraband)*

With your palm facing down to the floor.

Start to tip your hand in the direction of your little finger. Then block the movement with your other hand so that your hand does not move.

Hold for 10 seconds and then relax. Repeat 10 times.



5. *Wrist deviators*

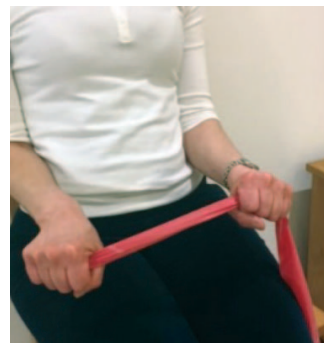
Start with your thumb pointing towards the ceiling. Wrap the theraband over your fist and pull downwards with your unaffected hand to create tension. In a slow and controlled manner, move your affected wrist up and then down.

Hold for 10 seconds and then relax. Repeat 10 times.



Start with your elbows tucked into your waist.

Hold the theraband in both hands, and pull sideways with your affected hand. Use your unaffected hand to create tension. In a slow and controlled manner move your wrist back and forth as shown.



6. *Powerball*

A gyroscope strengthens the wrist by producing multidirectional movements against resistance.

Your therapist will show you how to use one. Gyroscopes can be purchased online.

