

## 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

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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

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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.

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