Wrist Range of Motion Exercises

RANGE OF MOTION • Wrist Flexion
1. Hold your _____ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for _____ seconds. Repeat exercise _____ times, _____ times per day.
4. This exercise should be done with the elbow bent to 90 degrees / straight. (Physician, physical therapist, or athletic trainer should circle one of these.)

RANGE OF MOTION • Wrist Extension
1. Place the palm of your _____ hand flat on the top of a table as shown. Your fingers should be pointing backward.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.

RANGE OF MOTION • Supination
1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm upward as far as possible.
3. Hold this position for _____ seconds and then slowly return to the starting position.
4. Repeat exercise _____ times, _____ times per day.

RANGE OF MOTION • Pronation
1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm down toward the floor as far as possible.
3. Hold this position for _____ seconds and then slowly return to the starting position.
4. Repeat exercise _____ times, _____ times per day.
**STRENGTH • Wrist Flexors**
1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then slowly lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

**STRENGTH • Wrist Extensors**
1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then slowly lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

**STRENGTH • Wrist, Radial Deviation**
1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward in front of you or pull up on the rubber tubing.
3. Hold this position for _____ seconds and then slowly lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

**STRENGTH • Wrist, Ulnar Deviation**
1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward behind you or pull down on the rubber tubing.
3. Hold this position for _____ seconds and then slowly lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.
STRENGTH - Supination
1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a ___ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a "thumbs-up" position.
4. Hold this position for ___ seconds and then slowly return to the starting position.
5. Repeat exercise ___ times, ___ times per day.

STRENGTH - Pronation
1. Sit with your forearm supported on a table and the hand over the edge and your palm facing up toward the ceiling.
2. Hold a ___ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a "thumbs-up" position.
4. Hold this position for ___ seconds and then slowly return to the starting position.
5. Repeat exercise ___ times, ___ times per day.

STRENGTH - Grip
1. Hold a wad of putty, soft modeling clay, a large sponge, a soft rubber ball, or a soft tennis ball in your hand as shown.
2. Squeeze as hard as you can.
3. Hold this position for ___ seconds.
4. Repeat exercise ___ times, ___ times per day.