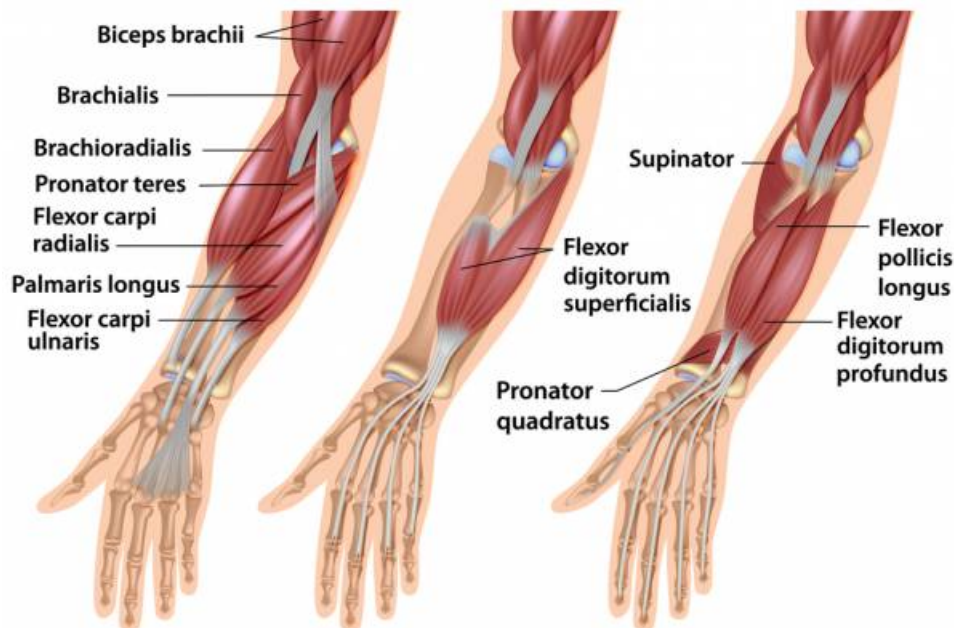


Wrist/Forearm Exercises

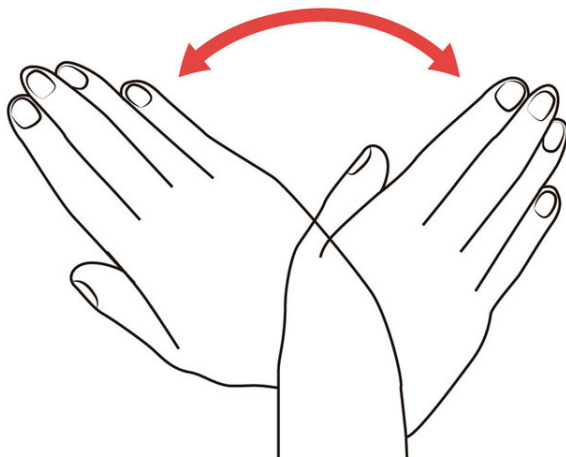
Summary

- These exercises aim to improve the strength of your wrists and forearms and should be performed 2-3 times per day, 4-5 days a week.
 - **Aim to complete 3 sets of 10-15 reps as you are able to.**
 - **Start with 5-10 reps of each exercise and gradually build this up.**
 - **Hold each stretch for 15-30 seconds**
- Regularly perform these exercises to prevent future symptoms. Stay active and avoid static postures.
- In the early stages this exercise *may be painful*, but do not worry this is normal, experience shows that in most cases will get better as a result of the exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Your pain should ease and improvement should be seen within 4-6 weeks and full healing up to 3-6 months after commencing these exercises.



Stretches

1. Wave



1. Start with your palm resting on a table and your fingers and wrist straight.
2. Bend your wrist to the left as far as is comfortable.
3. Hold for 2 seconds then return to neutral
4. Repeat the motion towards the right
5. Repeat 10-15 times

2. Wrist extension



1. Straighten your arm and bend your wrist back as if signaling someone to “stop.”
2. Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
3. Hold the stretch for 15-30 seconds.
4. Repeat 5 times, then perform this stretch on the other arm.

*do not lock your elbow when straightened

3. Wrist flexion



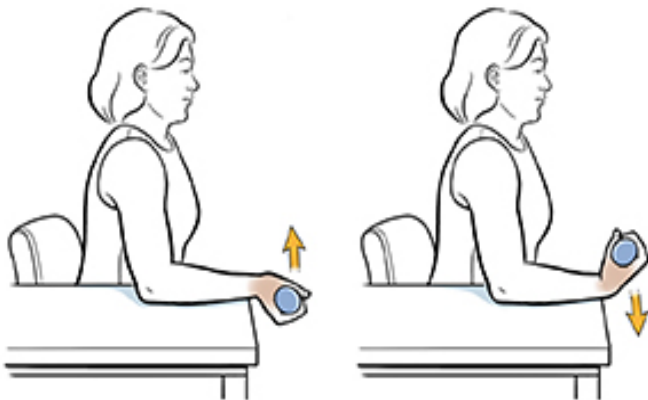
1. Straighten your arm with your palm facing down and bend your wrist so that your fingers point down.
2. Gently pull your hand toward your body until you feel a stretch on the outside of your forearm.
3. Hold the stretch for 15 seconds.
4. Repeat 5 times, then perform this stretch on the other arm

*do not lock your elbow when straightened

- * Pick a comfortable weight to start with, gradually increase it as you are able.
- * Weights can be replaced by heavier household objects that are easy to hold, for example tins of baked beans, bags of sugar, books or bottles of water.
- * Complete all the movements in a controlled manner in each direction

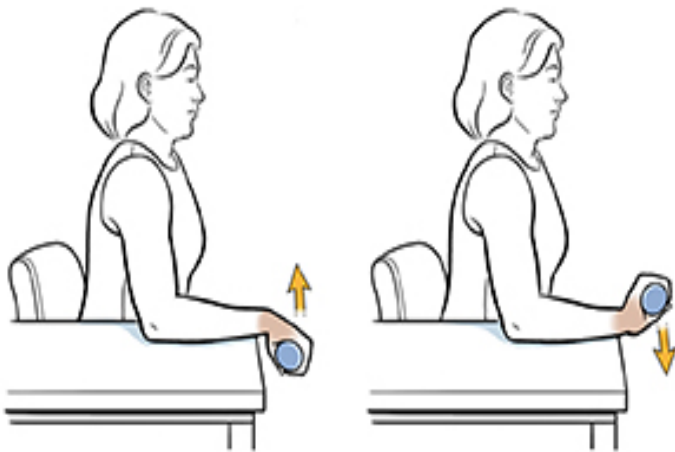
Strengthening

1. Weighted wrist flexion



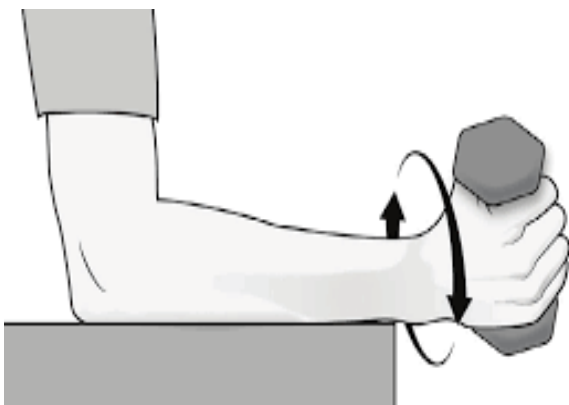
1. Place your arm on a table, with your palm facing up and a weighted object in your hand.
2. Bend your wrist up as far as possible.
3. Hold up for 1 count, then slowly lower 3 counts.
4. Repeat 10 times then perform on the other arm.
5. Repeat this exercise 3 times.

2. Weighted wrist extension



1. Place your arm on a table, with your palm facing down and a weighted object in your hand.
2. Bend your wrist up as far as possible.
3. Hold up for 1 count, then slowly lower 3 counts.
4. Repeat 10 times then perform on the other arm.
5. Repeat this exercise 3 times.

3. Weighted pronation/supination



1. Begin with palm facing the side
2. Turn the palm facing up, back to neutral, palm facing down then back to neutral - This completes one repetition.
3. Repeat 10 times, then swap arms.