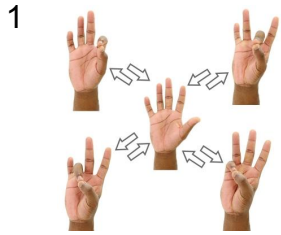


WRIST/HAND EXERCISES

Perform 3x per week

Heat 5-10 Mins

Massage 5-10 mins



Retreat 10 times Hold 2 secs

THUMB OPPOSITION COMBO

Start with an open palm and fingers extended.

- tap the tip of finger with thumb and
- slide thumb/finger down.

Repeat until all fingers have performed as shown.



Complete 2 set Hold 15 secs

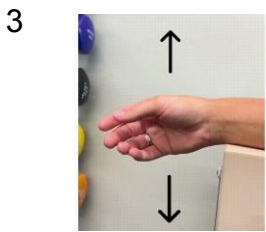
WRIST FLEXOR & EXTENSOR STRETCH

Flexor Stretch:

Use your unaffected hand to bend the affected wrist up as shown. Keep the elbow straight on the affected side the entire time.

Extensor Stretch:

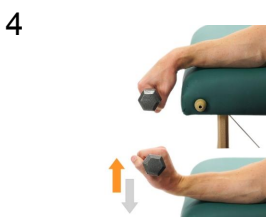
Straighten arm at shoulder level in front of you with palm toward floor. With other hand gently pull hand down until stretch is felt on top of arm.



Complete 1 set Repeat 5 times

ULNAR & RADIAL DEVIATION

- Support forearm on table, with hand off edge of table, thumb upward
- Move wrist up and down as shown in handshake motion
- Can add small weight for strengthening



Complete 1 set Repeat 10 times

WRIST EXTENSION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face down as shown.



Complete 1 set Repeat 10 times

WRIST FLEXION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

6



PUTTY GRIP

Can use stress/squeeze ball in place of putty.

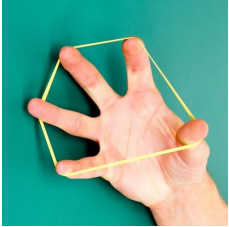
Start with 30 seconds and progress to 1 minute

Place putty in your hand and squeeze it firmly and slowly. Reshape it and repeat.

Repeat 1 time

Hold 1 minutes

7



RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Start with one rubber band, as it gets easier add another.

Complete 1 set

Repeat 10 times
