



Notes :

1 Wrist extensors stretching



Reps: 3 Hold: 30

Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

2 Extensors stretching



Reps: 3 Hold: 30

Place the arms at chest height with elbows bent and hands together.
With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm.
Hold the stretch.

3 Supinators stretch



Reps: 3 Hold: 30

Bend one elbow and place it next to your body.
Keep the palm facing down on the stretched arm.
Place the other hand above your wrist.
Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm.
Hold this position and then repeat.

4 Eccentric wrist extensors



Sets: 2 Reps: 10 Hold: 10

Sit with your hand hanging over the edge of a table with the palm facing down.
Lift your hand with the opposite hand up as high as possible while keeping your forearm on the table.
Slowly lower your hand using its own strength as low as possible and repeat.

5 Wrist extension



Sets: 2 Reps: 10 Hold: 10

Sit up straight in a chair with your arm on top of a table so that only your hand hangs over the edge.
Your palm should face down.
With your elbow straight, lift up your hand as high as you can then lower under control.



6 Active supination



Sets: 2 Reps: 10 Hold: 10

Sit up straight in a chair with your elbow tucked in by your side and your forearm perpendicular to your upper arm.

Turn your palm up towards the ceiling as much as you can without moving the arm and then come back with the palm facing sideways and repeat.

To progress, repeat with a weight in your hand.

7 Radial deviation, w/ gravity



Sets: 2 Reps: 10 Hold: 10

Sit with your wrist hanging off the edge of the table, thumb pointed up.

Slowly lift your wrist towards the ceiling.

Lower and repeat.

8 Isometric wrist extension



Sets: 2 Reps: 10 Hold: 10

Place the involved hand palm down on a table and hold it down with the other hand.

Keep your elbow on the table and try to raise your hand against the resistance of your top hand.

Hold for the recommended duration.

9 Isometric radial deviation



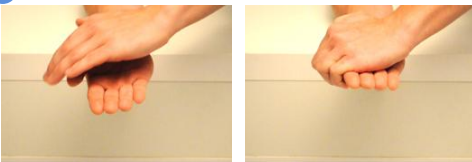
Sets: 2 Reps: 10 Hold: 10

Support the involved hand by placing the other hand along the index finger with your palm.

Try to bend your wrist toward your thumb against the free hand, not allowing it to move.

Hold the contraction for the recommended time, relax and repeat.

10 Isometric pronation



Sets: 2 Reps: 10 Hold: 10

Sit and place the involved hand on a table and the other hand across the palm of the hand and thumb.

Attempt to turn the involved forearm to bring the palm of your hand facing the floor, resisting the movement with the other hand.

Relax and repeat.



11 Radial deviation



Sets: 2 Reps: 10 Hold: 10

Support your forearm on a table or your knee while holding a weight with your thumb up. Lift the weight upward and do not let your forearm move. Return to the starting position.

12 Wrist extension with weight



Sets: 2 Reps: 10

Sit with your wrist hanging over the edge of a table with your palm facing down holding a weight. Lift the weight and hand with your opposite hand up as high as possible while keeping your forearm on the table. Slowly lower your weight as low as possible. Return and repeat.

13 Wrist extension



Sets: 2 Reps: 10 Hold: 10

Place your forearm along an armrest or table with your wrist hanging over the edge and palm facing down. With a weight in your hand, lift the hand towards the ceiling. Lower slowly and repeat.

14 Strengthening supination



Sets: 2 Reps: 10 Hold: 10

Tie an elastic near the floor. Support your forearm on the table or armchair, bending the elbow to 90 degrees. The palm of your hand should be facing down with the elastic going across your palm and around your thumb. Turn your forearm to bring the palm towards the ceiling, pulling on the elastic. Return to the starting position and repeat.

15 Lateral pinch, washcloth



Sets: 2 Reps: 10 Hold: 10

Sit and firmly hold a facecloth between your thumb and index finger of the working hand. Pull on the facecloth with the opposite hand. Repeat the exercise with each of the other fingers and the thumb.



16 Finger/thumb extension



Sets: 2 Reps: 10 Hold: 1

Place a small elastic around the outside of your thumb and index finger and pull these two fingers away from each other.

Repeat with your thumb and the other fingers.

To progress, repeat with a thicker elastic.

17 Fingers ext./abd., elastic



Sets: 2 Reps: 10 Hold: 10

Split your fingers and thumb apart against the elastic without bending them.

18 Wrist extension, stick+weight



Sets: 2 Reps: 10 Hold: 10

Hold the stick with your hands with a pronation grip (palm down) and roll the weight upward with your hands.

Increase the difficulty by straightening your arms.

19 Radial deviation, weight



Sets: 2 Reps: 10 Hold: 10

Lift the weight by bending your wrist towards the thumb.

20 Strengthening Pro/Supination



Sets: 2 Reps: 10 Hold: 10

Hold a weight in your hand and by rotating your forearm, switch to a supination (palm up) grip to a pronation (palm down) grip.



21 Prehension with ball



Sets: 2 Reps: 10 Hold: 10

Hold a small ball in your hand and squeeze it as hard as you can.

Release the ball slowly.

If your hand is swollen, squeeze and release the ball quickly as in a pumping motion.