



Notes :

1 Stretching wrist flexors



Reps: 3 Hold: 30

Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently to feel a stretch in the forearm.

2 Stretching wrist flexors



Reps: 10 Hold: 30

Sit up straight in a chair and look directly ahead of you. Place the fingers and palms of your hands together. Lower your hands and spread your elbows apart as far as you can while keeping your palms together. Relax your hands. When performed correctly, this exercise causes your wrists to bend back until you feel a stretch across your palms, wrists, and inner forearms.

3 Stretching pronators



Reps: 3 Hold: 30

Bend one elbow next to your body and place the other hand on the back of your hand. With help from the other hand, rotate your forearm to bring the palm of your hand facing the ceiling until you feel a stretch in the forearm. Maintain the position and relax.

4 Eccentric wrist flexion



Sets: 2 Reps: 10 Hold: 10

Place your forearm along the table or armchair with your wrist hanging over the edge and palm facing up. With the other hand, lift the hand to the ceiling then slowly lower the hand under its own power.

5 Active wrist flexion



Sets: 2 Reps: 10 Hold: 1

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 up. With your elbow straight, flex your wrist to lift your hand as high as you can. Lower your hand.



6 Isometric wrist flexion



Sets: 2 Reps: 10 Hold: 10

Place the uninvolved hand over the palm of the involved hand and try to flex your wrist, not allowing it to move for 5 seconds.

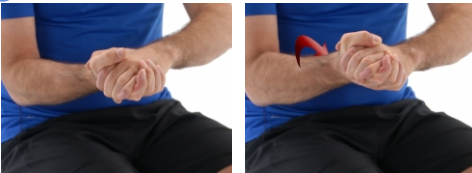
7 Isometric ulnar deviation



Sets: 2 Reps: 10 Hold: 10

Support the involved hand by placing the other hand on top along the little finger side. Try to bend your wrist toward the little finger, not allowing it to move for the recommended time. Relax and repeat.

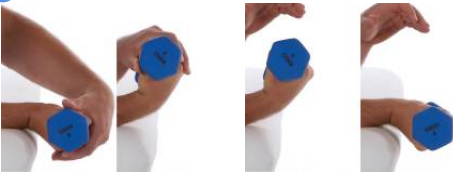
8 Isometric pronation



Sets: 2 Reps: 10 Hold: 10

Start by bending your elbow and turn your palm up. Put your free hand in your working hand to provide a resistance. With the lower arm (working arm), try to turn your palm down by pronating the forearm and resist the movement with the top hand. Keep the contraction for the recommended time, relax and repeat. Keep the elbow still.

9 Eccentric wrist flexion



Sets: 2 Reps: 10 Hold: 10

Hold a weight in your hand and rest your forearm on a table so your wrist is over the edge, palm facing up. Lift the weight and your hand using the opposite hand as high as possible while keeping your forearm on the table. Then, slowly lower the weight completely. The purpose of the exercise is to strengthen only the lowering portion of the movement. Repeat.

10 Wrist flexion elastic

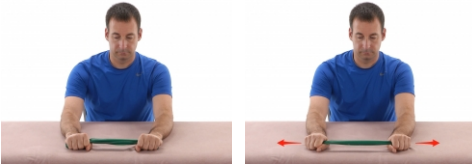


Sets: 2 Reps: 10 Hold: 10

Place an elastic under your foot or other heavy object. Hold the elastic in your hand with your palm facing up and place your forearm on a table with the hand off the edge of the table. Flex the wrist upward without moving the forearm. Return to the starting position.



11 Ulnar deviation with band



Sets: 2 Reps: 10 Hold: 10

Hold an elastic in both hands, with your palms down, while supporting your forearms on a table.

Move your hands outward without moving the forearms.

Return to the starting position.

12 Ulnar deviation with weight



Sets: 2 Reps: 10 Hold: 10

With your arm at your side and a weight in your hand, bend your wrist to go towards the back and do not let your arm bend.

Return to the starting position and repeat.

13 Pronation with elastic



Sets: 2 Reps: 10 Hold: 10

Secure an elastic near the floor and support your forearm on a table or armchair with your elbow bent at 90 degrees.

Your hand must be palm up with the elastic crossing over your palm and under your thumb. Rotate your hand to palm down against the elastic resistance.

Return to the starting position.

14 Wrist flexion, stick+weight



Sets: 2 Reps: 10

Hold the stick with your hands in a supination grip (palm up) and roll the weight up with your hands.

Increase the difficulty by straightening your arms.

15 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.



16 Ulnar deviation, weight



Sets: 2 Reps: 10 Hold: 10

Lift the weight by bending the wrist toward the little finger.

17 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.