

# Wrist Strengthening

This sheet is to help you regain strength in your wrist and forearm. The exercises should be done slowly, with controlled movement, to get the best results. You should start off with a few repetitions of each, 2 to 3 times a day, and build up as you gain strength. These exercises may cause a muscle fatigue or aching sensation, or they may produce a stretching feeling if your wrist is tight. They should not cause any sharp or lasting pain, so if this is occurring, please contact us.

## Concentric Pronation (Rotating Down)

Place your hands and resistance band in the first position, under tension. Holding firm with your unaffected wrist, turn the affected wrist over to face the floor, you should feel resistance from the band as you do this. Alternatively, you could use a bottle of water, weight or hammer to add resistance to this movement.



## Concentric Supination (Rotating Up)

This time, start with your palms facing down, again with the resistance band under tension. Holding firm with your unaffected wrist, turn the affected wrist to face the ceiling, you should feel resistance from the band as you do this. Again, this can be done with a weight/water bottle/hammer instead of a band.

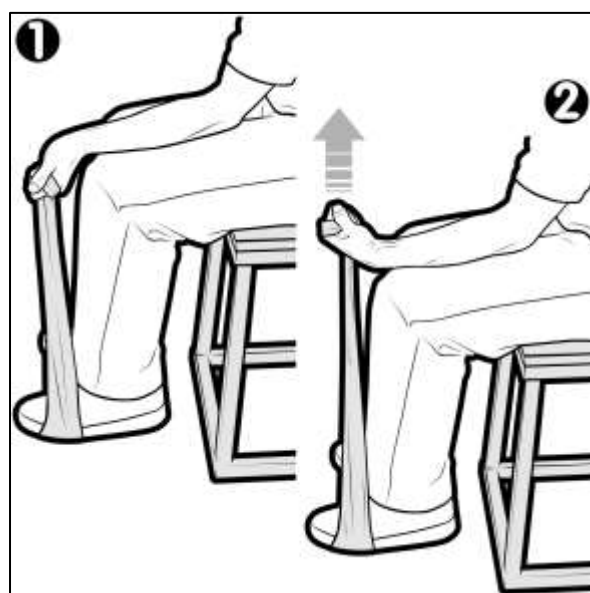
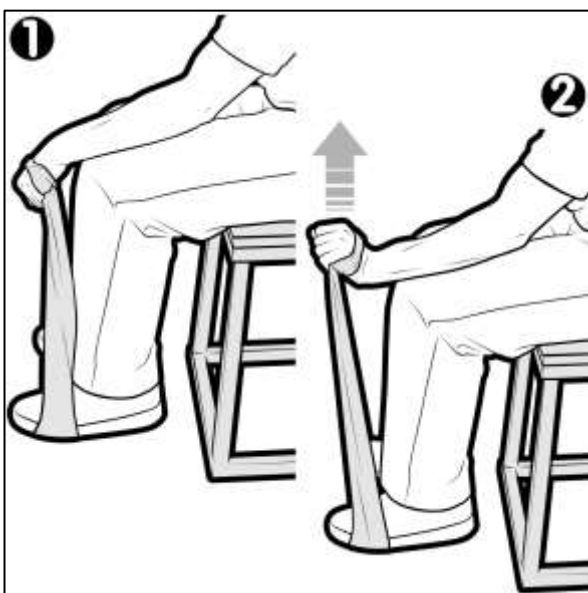


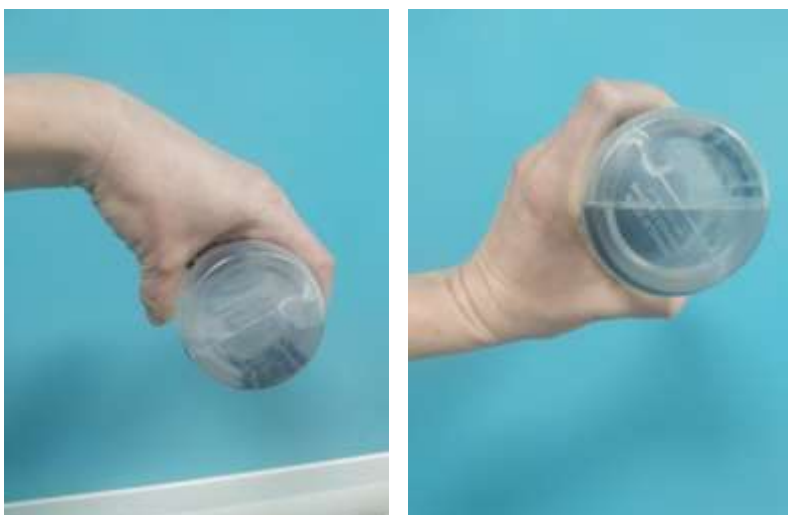
## Concentric Wrist Extension & Flexion

You can do these exercises off your knee, the edge of a table, or arm of a chair. If you are using a resistance band you can use your foot on the floor to secure the other end. Alternatively, use a weight, or water bottle to add resistance. The first exercise is palm to the ceiling and bending the wrist up towards you. The second is very similar, but with your palm facing the floor. The release of the movement should be slow and steady.

### Flexion

### Extension





Using a water bottle for the same exercise. You can adjust the weight, by gradually increasing the amount of water in the bottle. You can also use a dumbbell or hand weight.

## Wrist Deviation (Side to Side)



Use the resistance band and your unaffected hand (in this picture, the left) to add resistance downwards. Holding the other end with your affected hand, thumb pointing towards the ceiling, bend your wrist up and back, then forward and down in a slow and steady movement.



With your elbows tucked into your sides, palms facing down and your wrists straight. Hold the resistance band with both hands. Pull out to the wall with your affected wrist and slowly back to the middle. Movement should only happen in the wrist joint, not the elbow or shoulder.