



WRIST AND FOREARM EXERCISES

The exercises described below can be used for a stiff wrist and forearm following injury, immobilization, or post surgery per your doctor's or therapist's recommendation. The exercises can typically be performed 4-6X/day or as tolerated with 10-15 repetitions being the norm. Applying heat prior to exercise will significantly reduce pain and stiffness, and allow a greater amount of Range of Motion (ROM) during your exercises.

ACTIVE RANGE OF MOTION (AROM)



*Bend your wrist as far down as possible to feel a stretch and hold for 10-15 seconds



*Bend your wrist up as much as possible to feel a stretch and hold for 10-15 sec



*Make a gentle fist and bend your wrist as far down as possible and hold for 10-15 seconds



*While maintaining the gentle fist extend your wrist up and hold 10-15 seconds



Holding your elbow by your side, rotate your palm up and palm down with a hold of 10-15 seconds at your tolerated end range

PASSIVE RANGE OF MOTION (PROM) WRIST



*Using your opposite hand, bend your wrist as far down as possible to feel a stretch (not pain) and hold for 10-15 seconds



*Using your opposite hand, bend your wrist upward as far as tolerated and hold for 10-15 seconds

PRAYER STRETCH



Place both hands together in 'prayer' position to point of stretch. You may place forearms on tabletop and push palms downward keeping palms together to maintain stretch. Hold for 10-15 seconds.

EXTRINSIC FLEXOR STRETCH



*Take a dish towel and use to stretch wrist and fingers into extension hold 10-15 seconds.

EXTRINSIC EXTENSOR STRETCH



Take a dish towel and use to stretch wrist and fingers into flexion. Pull towel over fingers and down towards elbow to intensify stretch on fingers

PASSIVE RANGE OF MOTION (PROM) FOREARM



Holding your elbow by your side, rotate your palm up and palm down using your other hand to the point of stretch and hold of 10-15 seconds in each position at the end range you can tolerate