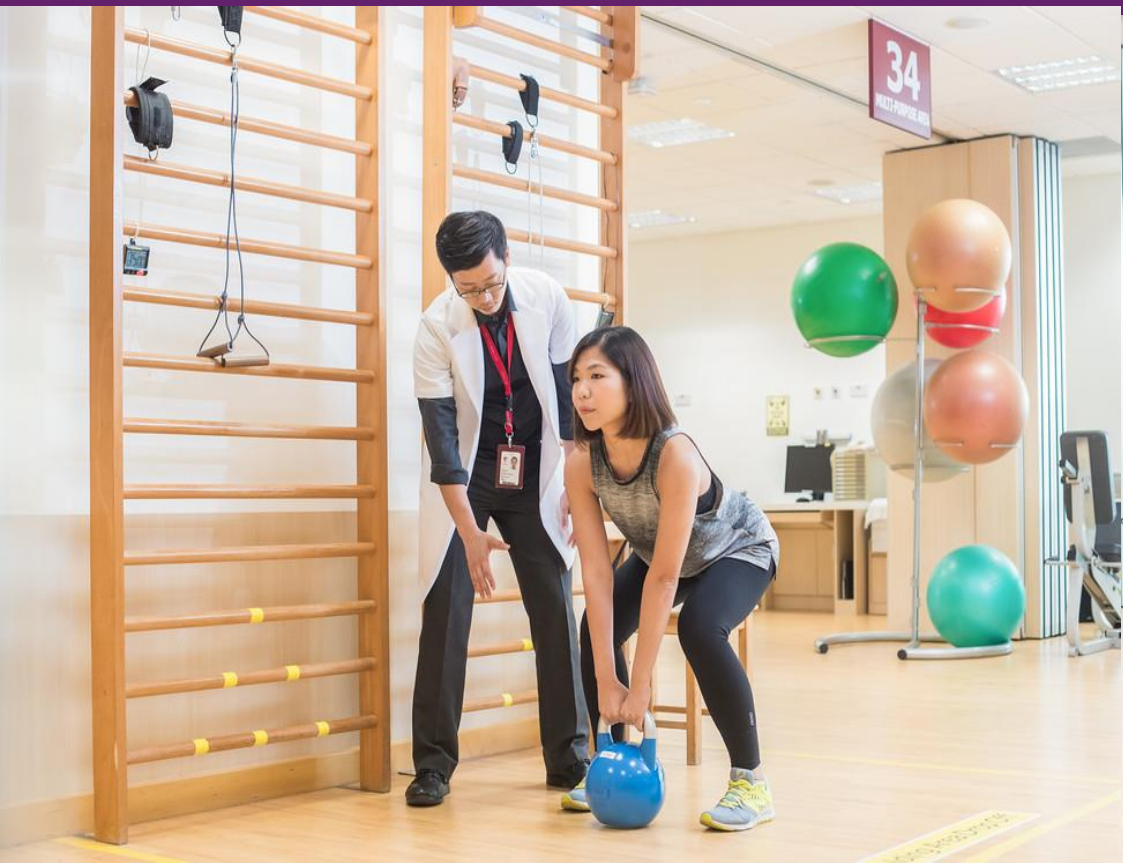


Department of  
**PHYSIOTHERAPY**

# Wrist Exercises



## ❑ Active Assisted Wrist Flexion



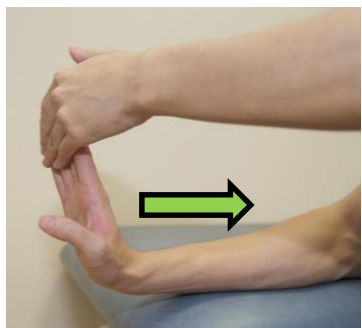
- i. Place your affected forearm on a surface for support, palm facing down.
- ii. Using your unaffected hand, bend affected wrist downwards until stretch is felt outside of the forearm.

Hold \_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Active Assisted Wrist Extension



- i. Place your affected forearm on a surface for support, palm facing down.
- ii. Using your unaffected hand, bend affected wrist upwards until stretch is felt on the inner side of the forearm.

Hold \_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Active Assisted Ulnar Deviation



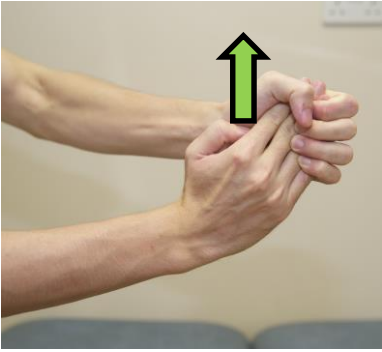
- i. Place your affected forearm on a surface for support.
- ii. Using your unaffected hand, bend affected wrist towards little finger until a stretch is felt

Hold \_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Active Assisted Radial Deviation



- i. Place your affected forearm on a surface for support.
- ii. Using your unaffected hand, bend affected wrist towards thumb until a stretch is felt.

Hold \_\_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Opposition



- i. Use your thumb to press on the tip of a finger.
- ii. Relax and repeat action with all fingers.

Hold \_\_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Creating a Fist



- i. Extend all of your fingers.
- ii. Curl fingers into your palm to form a fist.

Hold \_\_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Wrist Flexor Stretch (Single)



- i. Keep elbow of affected arm straight, palm facing up.
- ii. Using your unaffected hand, bend affected wrist down until a stretch is felt on the inner side of the forearm.

Hold \_\_ second(s).

Repeat \_\_ time(s) and do \_\_ set(s).

Do \_\_ session(s) a day.

## ❑ Wrist Flexor Stretch (Double)



- i. Place your palms together as shown.
- ii. Slowly lower your wrists until a stretch is felt on the inner side of the forearm.
- iii. Maintain your palms together throughout the stretch

Hold \_\_ second(s).

Repeat \_\_ time(s) and do \_\_ set(s).

Do \_\_ session(s) a day.

## ❑ Wrist Extensor Stretch (Single)



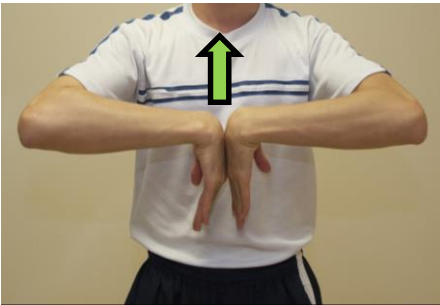
- i. Keep elbow of affected arm straight, palm facing down.
- ii. Using your unaffected hand, bend affected wrist down until a stretch is felt on the outer side of the forearm.

Hold \_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Wrist Extensor Stretch (Double)



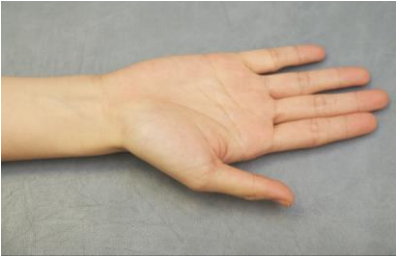
- i. Place your back of hands together as shown.
- ii. Slowly raise your wrists until a stretch is felt on the outer side of the forearm
- iii. Maintain your back of hands together throughout the stretch

Hold \_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Active Pronation / Supination



- i. Place your hand on a surface, palm facing up.
- ii. Slowly rotate your palm facing down until a stretch is felt on the outer side of the forearm.



Hold \_\_\_ second(s).

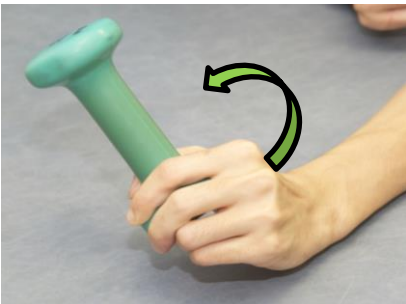
Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ❑ Resistive Forearm Pronation / Supination



- i. Place your arm on a surface with your forearm supported.
- ii. Hold a \_\_\_ weight in your hand.
- iii. Sway the weight up and down slowly with your hand as shown.



Hold \_\_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

## ☐ Active Elbow Flexion / Extension



- i. Raise your arm to bend your elbow upwards.
- ii. Relax and return your elbow to a straightened position.
- iii. Hold \_\_\_ weight in your hand.

Hold \_\_\_ second(s).

Repeat \_\_\_ time(s) and do \_\_\_ set(s).

Do \_\_\_ session(s) a day.



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