Wrist: Exercises

Here are some examples of exercises for your wrist. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Prayer stretch

1. Rotate your wrist up, down, and from side to side. Repeat 4 times.
2. Stretch your fingers far apart, relax them, and then stretch them again. Repeat 4 times.
3. Stretch your thumb by pulling it back gently, holding it, and then releasing it. Repeat 4 times.
Wrist flexor stretch

1. Extend your arm in front of you with your palm up.
2. Bend your wrist, pointing your hand toward the floor.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

Wrist extensor stretch

Repeat steps 1 through 4 of the stretch above, but begin with your extended hand palm down.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.
Wrist Sprain: Exercises

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Resisted wrist extension

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.
Resisted wrist flexion

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm up, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5. Repeat 8 to 12 times.

Resisted radial deviation

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your hand facing toward your other thigh, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.
Resisted ulnar deviation

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist by the inside of your knee.

2. Grasp one end of an exercise band with your palm down, and step on the other end with the foot opposite the hand holding the band.

3. Slowly bend your wrist outward and toward your knee for a count of 2, then slowly move your wrist back to the starting position to a count of 5.

4. Repeat 8 to 12 times.

Resisted forearm pronation

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.

2. Grasp one end of an exercise band with your palm up, and step on the other end.

3. Keeping your wrist straight, roll your palm inward toward your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Resisted supination

1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.

2. Grasp one end of an exercise band with your palm down, and step on the other end.

3. Keeping your wrist straight, roll your palm outward and away from your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.

4. Repeat 8 to 12 times.
Wrist Tendinitis: Exercises

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Wrist flexion and extension

1. Place your forearm on a table, with your hand and affected wrist extended beyond the table, palm down.

2. Bend your wrist to move your hand upward and allow your hand to close into a fist, then lower your hand and allow your fingers to relax. Hold each position for about 6 seconds.

3. Repeat 8 to 12 times.
Hand flips

1. While seated, place your forearm and affected wrist on your thigh, palm down.
2. Flip your hand over so the back of your hand rests on your thigh and your palm is up. Alternate between palm up and palm down while keeping your forearm on your thigh.
3. Repeat 8 to 12 times.

Wrist radial and ulnar deviation

1. Hold your affected hand out in front of you, palm down.
2. Slowly bend your wrist as far as you can from side to side. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.
Wrist Tendinitis: Exercises (page 3)

Wrist extensor stretch

1. Extend the arm with the affected wrist in front of you and point your fingers toward the floor.
2. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.
5. When you can do this stretch with ease and no pain, repeat steps 1 through 4. But this time extend your affected arm in front of you and make a fist with your palm facing down. Then bend your wrist, pointing your fist toward the floor.

Wrist flexor stretch

1. Extend the arm with the affected wrist in front of you with your palm facing away from your body.
2. Bend back your wrist, pointing your hand up toward the ceiling.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold the stretch for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat step 1 through 5, but this time extend your affected arm in front of you with your palm facing up. Then bend back your wrist, pointing your hand toward the floor.
Wrist Fracture: Exercises

Here are some examples of typical rehabilitation exercises for your condition.
Start each exercise slowly.
Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Wrist flexion and extension

1. Place your forearm on a table, with your hand and affected wrist extended beyond the table, palm down.

2. Bend your wrist to move your hand upward and allow your hand to close into a fist, then lower your hand and allow your fingers to relax. Hold each position for about 6 seconds.

3. Repeat 8 to 12 times.
Hand flips

1. While seated, place your forearm and affected wrist on your thigh, palm down.
2. Flip your hand over so the back of your hand rests on your thigh and your palm is up. Alternate between palm up and palm down while keeping your forearm on your thigh.
3. Repeat 8 to 12 times.

Wrist radial and ulnar deviation

1. Hold your affected hand out in front of you, palm down.
2. Slowly bend your wrist as far as you can from side to side. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.
Wrist extensor stretch

1. Extend the arm with the affected wrist in front of you and point your fingers toward the floor.
2. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.
5. When you can do this stretch with ease and no pain, repeat steps 1 through 4. But this time extend your affected arm in front of you and make a fist with your palm facing down. Then bend your wrist, pointing your fist toward the floor.

Wrist flexor stretch

1. Extend the arm with the affected wrist in front of you with your palm facing away from your body.
2. Bend back your wrist, pointing your hand up toward the ceiling.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold the stretch for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but this time extend your affected arm in front of you with your palm facing up. Then bend back your wrist, pointing your hand toward the floor.

**Intrinsic flexion**

1. Rest the hand with the affected wrist on a table and bend the large joints where your fingers connect to your hand. Keep your thumb and the other joints in your fingers straight.

2. Slowly straighten your fingers. Your wrist should be relaxed, following the line of your fingers and thumb.

3. Move back to your starting position, with your hand bent.
4. Repeat 8 to 12 times.

**MP extension**
Wrist Fracture: Exercises (page 5)

1. Place your good hand on a table, palm up. Put the hand with the affected wrist on top of your good hand with your fingers wrapped around the thumb of your good hand like you are making a fist.

2. Slowly uncurl the joints of the hand with the affected wrist where your fingers connect to your hand so that only the top two joints of your fingers are bent. Your fingers will look like a hook. Hold the position for about 6 seconds.

3. Move back to your starting position, with your fingers wrapped around your good thumb.

4. Repeat 8 to 12 times.
Hand Arthritis: Exercises

Here are some examples of exercises for hand arthritis. Start each exercise slowly. Ease off the exercises if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Tendon glides

In this exercise, the steps follow one another to make a continuous movement.

1. With your affected hand, point your fingers and thumb straight up. Your wrist should be relaxed, following the line of your fingers and thumb.

2. Curl your fingers so that the top two joints in them are bent, and your fingers wrap down. Your fingertips should touch or be near the base of your fingers. Your fingers will look like a hook.
3. Make a fist by bending your knuckles. Your thumb can gently rest against your index (pointing) finger.

4. Unwind your fingers slightly so that your fingertips can touch the base of your palm. Your thumb can rest against your index finger.

5. Move back to your starting position, with your fingers and thumb pointing up.

6. Repeat the series of motions 8 to 12 times.

7. Switch hands and repeat steps 1 through 6, even if only one hand is sore.

Intrinsic flexion

1. Rest your affected hand on a table and bend the large joints where your fingers connect to your hand. Keep your thumb and the other joints in your fingers straight.

2. Slowly straighten your fingers. Your wrist should be relaxed, following the line of your fingers and thumb.

3. Move back to your starting position, with your hand bent.

4. Repeat 8 to 12 times.

5. Switch hands and repeat steps 1 through 4, even if only one hand is sore.
Finger extension

1. Place your affected hand flat on a table.
2. Lift and then lower one finger at a time off the table.
3. Repeat 8 to 12 times.
4. Switch hands and repeat steps 1 through 3, even if only one hand is sore.

MP extension

1. Place your good hand on a table, palm up. Put your affected hand on top of your good hand with your fingers wrapped around the thumb of your good hand like you are making a fist.
2. Slowly uncurl the joints of your affected hand where your fingers connect to your hand so that only the top two joints of your fingers are bent. Your fingers will look like a hook.
3. Move back to your starting position, with your fingers wrapped around your good thumb.
4. Repeat 8 to 12 times.
5. Switch hands and repeat steps 1 through 4, even if only one hand is sore.
PIP extension (with MP extension)

1. Place your good hand on a table, palm up. Put your affected hand on top of your good hand, palm up.
2. Use the thumb and fingers of your good hand to grasp below the middle joint of one finger of your affected hand.
3. Straighten the last two joints of that finger.
4. Repeat 8 to 12 times.
5. Repeat steps 1 through 4 with each finger.
6. Switch hands and repeat steps 1 through 5, even if only one hand is sore.

DIP flexion

1. With your good hand, grasp one finger of your affected hand. Your thumb will be on the top side of your finger just below the joint that is closest to your fingernail.
2. Slowly bend your affected finger only at the joint closest to your fingernail.
3. Repeat 8 to 12 times.
4. Repeat steps 1 through 3 with each finger.
5. Switch hands and repeat steps 1 through 4, even if only one hand is sore.
Thumb Arthritis: Exercises

Here are some examples of exercises for thumb arthritis. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Thumb IP flexion

1. Place your forearm and hand on a table with your affected thumb pointing up.
2. With your other hand, hold your thumb steady just below the joint nearest your thumbnail.
3. Bend the tip of your thumb downward, then straighten it.
4. Repeat 8 to 12 times.
5. Switch hands and repeat steps 1 through 4, even if only one thumb is sore.
Thumb Arthritis: Exercises (page 2)

**Thumb MP flexion**

1. Place your forearm and hand on a table with your affected thumb pointing up.
2. With your other hand, hold the base of your thumb and palm steady.
3. Bend your thumb downward where it meets your palm, then straighten it.
4. Repeat 8 to 12 times.
5. Switch hands and repeat steps 1 through 4, even if only one thumb is sore.

**Thumb opposition**

1. With your affected hand, point your fingers and thumb straight up. Your wrist should be relaxed, following the line of your fingers and thumb.
2. Touch your affected thumb to each finger, one finger at a time. This will look like an “Okay” sign, but try to keep your other fingers straight and pointing upward as much as you can.
3. Repeat 8 to 12 times.
4. Switch hands and repeat steps 1 through 3, even if only one thumb is sore.
De Quervain's Disease: Exercises

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Thumb lifts

1. Place your hand on a flat surface, with your palm up.
2. Lift your thumb away from your palm to make a "C" shape.
3. Hold for about 6 seconds.
4. Repeat 8 to 12 times.
Passive thumb MP flexion

1. Hold your hand in front of you, and turn your hand so your little finger faces down and your thumb faces up. (Your hand should be in the position used for shaking someone's hand.) You may also rest your hand on a flat surface.

2. Use the fingers on your other hand to bend your thumb down at the point where your thumb connects to your palm.

3. Hold for at least 15 to 30 seconds.

4. Repeat 2 to 4 times.

Finkelstein stretch

1. Hold your arms out in front of you. (Your hand should be in the position used for shaking someone's hand.)

2. Bend your thumb toward your palm.

3. Use your other hand to gently stretch your thumb and wrist downward until you feel the stretch on the thumb side of your wrist.
4. Hold for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.

**Resisted ulnar deviation**

For this exercise, you will need elastic exercise material, such as Thera-band.

1. Sit leaning forward with your legs slightly spread and your elbow on your thigh.
2. Grasp one end of the band with your palm down, and step on the other end with the foot opposite the hand holding the band.
3. Slowly bend your wrist sideways and away from your knee.
4. Repeat 8 to 12 times.