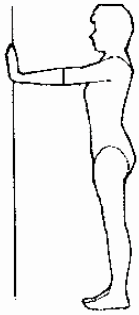


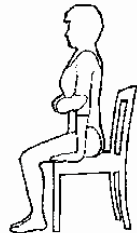
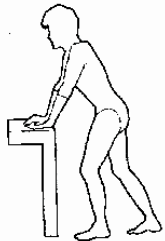
## Alternate Wrist Stretches



- Place your hand on a wall, table or chair.
- **Keep your elbow straight.**
- Press your hand into the wall or table.
- Feel tension at the wrist.

### Table stretch

### Chair Stretch



- **Keep your elbow straight**
- Loosely close your fist
- Bend your wrist forwards until you feel a stretch



## Alternative Method

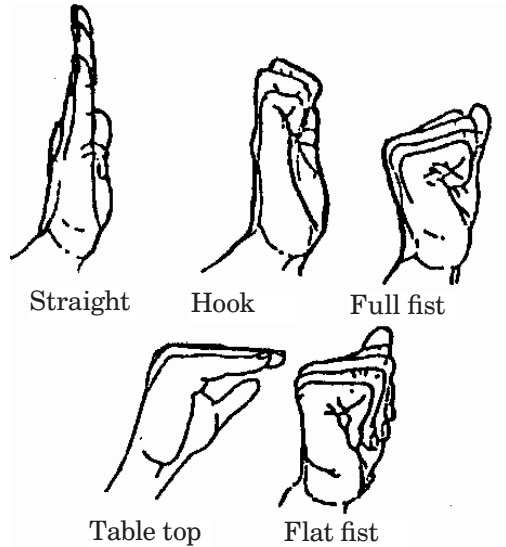
- Press your palms together in a “prayer position.”
- Pull your hands downwards, keeping your palms together.



Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

## Tendon Glides for the Fingers

When you have a painful wrist, your fingers may also become stiff. These gliding exercises will help your fingers regain full motion.



- Start each fist from a straight position.
- Practice each position 5 times.
- Return to the straight position each time.

# Home Rehabilitation Program for Wrist Range of Motion

For more copies, go online at <http://vch.eduhealth.ca> or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **FB.835.H66**  
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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

These exercises will help you improve the movement in your wrist.

Do the exercises daily.

Using heat to warm your wrist before your exercises may help. Talk to your therapist about this.

Tell your therapist if you have difficulty with any of these exercises, such as pain or swelling.

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

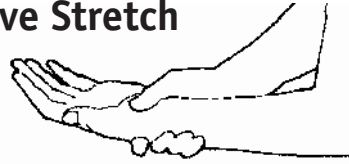
## Active Forearm Rotation



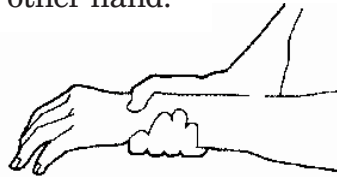
- **Tuck your elbow against the side of your body.**
- Turn your forearm palm up.
- Turn your forearm palm down.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

## Forearm Rotation Passive Stretch



- **Tuck your elbow against the side of your body.**
- Turn your forearm palm up.
- Help stretch with your other hand.
- Hold this position while releasing your other hand.



- Turn your forearm palm down.
- Help stretch with your other hand.
- Hold this position while releasing your other hand.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

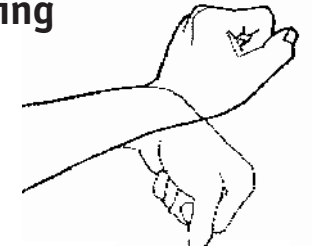
## Active Wrist Side to side



Bend your wrist towards your thumb side.      Bend your wrist towards your finger side.

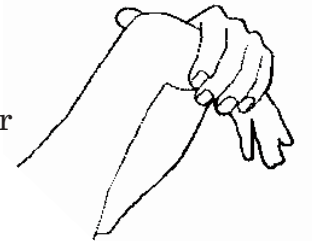
Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

## Active Wrist Flexion Extension and Wrist Circling



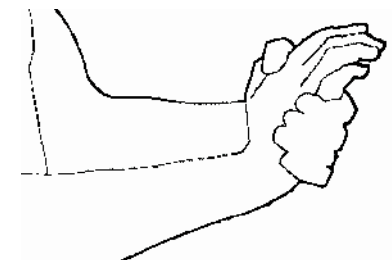
- Loosely close your fist.
- Bend your wrist forwards and backwards.
- Make circles with your wrist in both directions

## Wrist Flexion Passive Stretch



- Bend your wrist forward.
- Stretch with your other hand.
- Hold the position and remove your other hand.

## Wrist Extension Passive Stretch



- Bend your wrist back.
- Stretch with your other hand.
- Hold the position and remove your other hand.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.