



WRIST RANGE OF MOTION EXERCISES HOME EXERCISE PROGRAM

All exercises should be completed as three sets each for 30 seconds, unless otherwise noted. Wrist range of motion should be completed 3-4 times per day and should be done to both sides. Greatest gains will be made when the muscles are warm.



Wrist Extension

Elbow Flexed – With the palm of your hand facing the ceiling and your elbow flexed to 90°, grab the tips of your fingers with the opposite hand and pull your fingers toward the ground until a stretch is felt in your forearm.

Elbow Straight – With the palm of your hand facing the ceiling and your elbow straight, grab the tips of your fingers with the opposite hand and pull your fingers toward the ground until a stretch is felt in your forearm.



Wrist Flexion

Elbow Flexed – With the palm of your hand facing the ground and your elbow flexed to 90°, grab the tips of your fingers with the opposite hand and pull your fingers toward the ground until a stretch is felt in your forearm.

Elbow Straight – With the palm of your hand facing the ground and your elbow straight, grab the tips of your fingers with the opposite hand and pull your fingers toward the ground until a stretch is felt in your forearm.



Prayer Stretch – Place the palms of your hands together in front of your body and press your wrists toward the ground without letting your palms come apart until a stretch is felt in your forearms.

Reverse Prayer Stretch – Place the backs of your hands together in front of your body and press your elbows toward the ground without letting the backs of your hands come apart until a stretch is felt in your forearms.

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Ball Squeeze

In one hand, grasp a ball that has the ability to be squeezed, such as a stress ball, tennis ball or racquet ball. Squeeze the ball with all fingers for three seconds and then relax. Repeat for five minutes.