

Wrist and Hand Stretching and Strengthening Home Exercise Program

Stretching

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Upper extremity stretching should be completed 2-3 times per day. These stretches should be performed on both upper extremities following a good warm-up.

Wrist Flexion

Holding an arm straight out in front of you, grab the top of your finger tips with your other hand. Slowly pull your fingers and wrist down towards the ground until a stretch is felt down the top of the forearm and through the wrist.



Wrist Extension

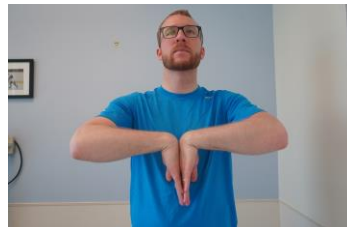
Holding an arm straight out in front of you, grab the base of your fingers with your other hand. Slowly pull your fingers and wrist up towards yourself until a stretch is felt down the bottom of the forearm and through the wrist.



Prayer Stretching

Standard – Place the palms of your hands together with your elbows out to the side. Slowly lift your elbows up while keeping your palms completely together until a stretch is felt along the bottom of the wrist.

Reverse – Place the dorsal aspect of your hands together with your elbows out to the side. Slowly lower your elbows down while keeping your hands together until a stretch is felt along the top of the wrist.



Deviation Stretching

Grasp your thumb in your hand with the thumb side of your hand up. Slowly turn your hand downwards towards the ground until a gentle stretch is felt along the wrist into the thumb.



Strengthening:

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Upper extremity strengthening exercises should be completed 1-2 per day, about 5 times per week. These exercises should be performed on both sides following a good warm-up.

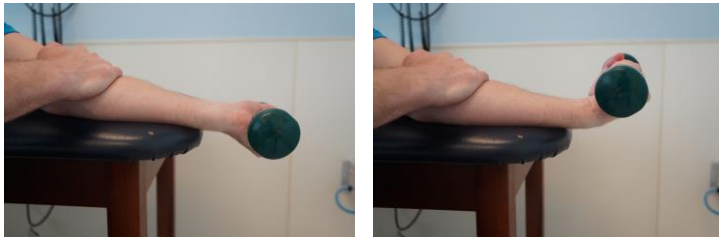
Ball Squeezes

Gripping a stress or resistance ball with your entire hand, gently progress into a squeeze. Hold for a few moments and then slowly release your grip. To progress this exercise, decrease the pliability of the resistance ball.



Wrist Flexion

With your arm resting on a flat surface and your palm up, grip the weight. Flex the wrist upwards, hold for a second and then slowly return to the starting position.



Wrist Extension

With your arm resting on a flat surface and your palm facing down, grip the weight. Extend the wrist upwards, hold for a second and then slowly return to the starting position.



Radial Deviation

With the side of the arm resting on a flat surface and your thumb facing upwards, grip the weight. Bend the thumb side of the wrist upwards, hold for a few second and then slowly return to the starting position.

