

The following are rehabilitation exercises that can help limit the risk for wrist and/or forearm injuries. It is not an all-inclusive list, nor does it actually prevent an injury from occurring. Performing these exercises preventatively can also help you recover from injury more quickly.

The following exercises can be used for:

Triangular Fibrocartilage Complex Injury (sprained wrist), Carpal Tunnel Syndrome, Ulnar Nerve Compression, Medial Epicondylitis (golfer's elbow), and Lateral Epicondylitis (tennis elbow).

Choose 4-5 exercises to complete each week and follow the instructions.



WRIST FLEXOR STRETCH

Hold both arms out in front of you. Using the arm you want to stretch, point your fingers up towards the ceiling with your elbow straight. Using your other hand, pull your fingers back towards your wrist until you feel a stretch along your forearm.

Hold 30 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



WRIST EXTENSOR STRETCH

With both arms out in front of you. For the hand that's being stretched, point your fingers down towards the floor. Keep your elbow straight. With your other hand, pull fingers back towards your wrist until you feel a stretch on the backside of your forearm.

Hold 30 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

WRIST FLEXION ISOMETRIC

Bend your wrist forward and resist into your other hand.



Repeat 5 Times
Hold 20 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

WRIST EXTENSION ISOMETRIC

Bend your wrist back and resist into your other hand.



Repeat 5 Times
Hold 20 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

WRIST RADIAL DEVIATION ISOMETRIC

Tip your wrist upwards and resist into your other hand.



Repeat 5 Times
Hold 20 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

WRIST ULNAR DEVIATION ISOMETRIC

Tip your wrist downwards and resist into your other hand.



Repeat 5 Times
Hold 20 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



WRIST CURLS - FLEXION

Rest your forearm on your thigh and bend your wrist up and down with your palm face up as shown.

Progression: increase weight.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



WRIST CURLS- EXTENSION

Rest your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Progression: increase weight

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



WRIST CURLS - RADIAL/ULNAR DEVIATION

Rest your forearm on your thigh and bend your wrist up and down with your wrist in a neutral position as shown.

Progression: increase weight.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week

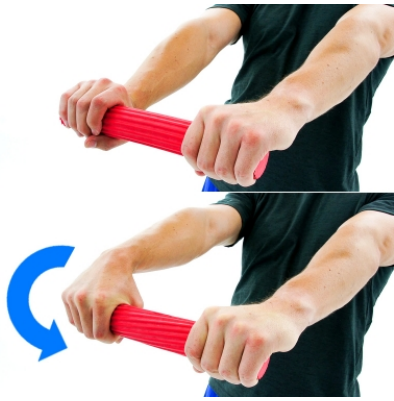


HAMMER PRONATION SUPINATION

Slowly lower a hammer or dumbbell towards the inside and then outside of the body as shown.

Progression: increase weight.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



FLEXBAR FLEXION

Start by holding a Flexbar horizontally with both hands and with the affected wrist in an extended position.

Next, use your affected wrist and flex it to twist and place tension through the bar. Then, in a controlled motion, slowly relax and extend the wrist thereby untwisting the bar slowly. Then repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week

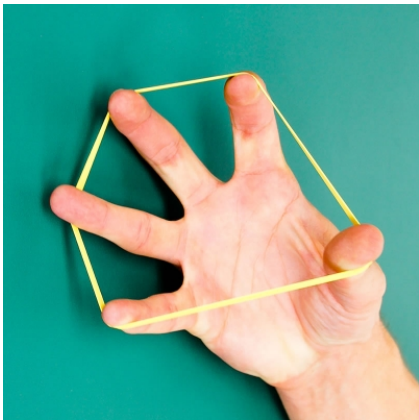


FLEXBAR EXTENSION

Start by holding a Flexbar horizontally with both hands and with the affected wrist in a flexed position.

Next, use your affected wrist and extend it to twist and place tension through the bar. Then, in a controlled motion, slowly relax and flex the wrist thereby untwisting the bar slowly. Then repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



RESISTIVE FINGER ABDUCTION

Take 1-2 rubber bands and twist around each individual finger as you go across the hand.

Place hand flat on table. Start with fingers close together (adducted) and then spread fingers apart (abducted), keeping hand flat against the table.

Duration 60 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

BALL SQUEEZE

With an elastic ball, firmly squeeze it in the palm of your hand.

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



WALL STABILIZATION

Place a ball against the wall and lean into it to secure it to the wall. You can press into it with a fist or a palm.

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



Move the ball up, down, side to side and in circles, both clockwise and counter-clockwise.

FOREARM ROLL DOWN/UPS

Secure a 5lb weight to 3 feet of string and attach it to the center of a bar. Keeping your arms straight in front of you, roll the bar in your hands so the string gets wrapped around the bar, continuing to roll until the weight touches the bar.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



Then slowly unroll the bar using your hands to control it. Do not let the bar unravel on its own.

Progression:
1. reverse your grip.
2. increase weight



INVERTED BOSU PUSH UPS

Perform push-ups as shown while holding an inverted Bosu Ball.

Try and maintain the Bosu platform as level as you can and keep your back straight the entire time.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



PUSH UP - UNSTABLE SURFACE

Perform push ups with each hand on a differently sized unstable surface, such as a foam pad and a small medicine ball.

Perform 2 sets, swap surfaces, and perform 2 sets.

Progression: increase size differences between surfaces.

Repeat 10 Times
Complete 4 Sets
Perform 3 Time(s) a Week



FOREARM SELF MASSAGE

Roll a weight down the outside muscle mass along the entire forearm. Make sure to rotate your wrist to get all surface areas. You can also hold the weight steady and move your wrist up and down.

Repeat 20 Times
Perform 3 Time(s) a Week