

# BASIC EXERCISES FOR WRIST PAIN

## GOALS

Stabilize the muscles of the wrist and forearm to improve muscle control.

Reduce pain in the area.

## INSTRUCTIONS

**Equipment:** Therapy band with a knot on one end

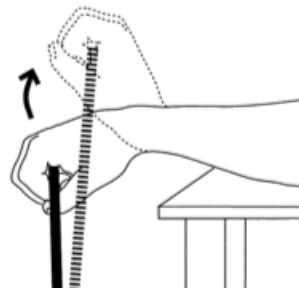
- Sit at a table. Grab one end of band with hand on injured side.
- Hold knotted end down with your foot on that side.

The instructions below represent one set of exercises. Perform up to 3 sets 1-2 times per day.



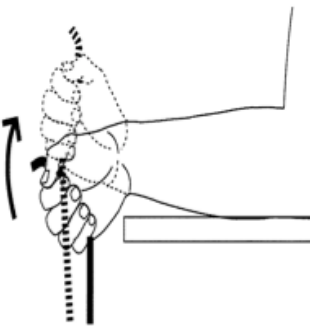
### WRIST PAIN 1 WRIST FLEXION

Start this drill **palm-up** and forearm resting on edge of table. Drop wrist down toward floor. Take up tension in band and secure other end under foot. **Slowly pull up on band, keeping forearm on table.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### WRIST PAIN 2 WRIST EXTENSION

Start this drill **palm-down** with forearm resting on edge of table. Drop wrist down toward floor. Take up tension in band and secure other end under foot. **Slowly pull up on band, keeping forearm on table.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



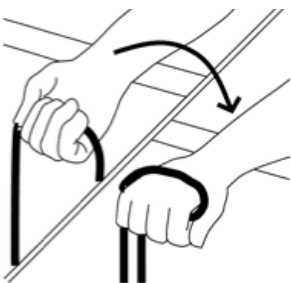
### WRIST PAIN 3 RADIAL DEVIATION

Start this drill **thumb-up** with forearm resting on edge of table. Drop wrist down toward floor. Take up tension in band and secure other end under foot. **Slowly pull up on band, keeping forearm on table.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### WRIST PAIN 4 ULNA DEVIATION

Start this drill with arm at side, **thumb facing forward.** Take up tension in band and secure other end under foot. **Slowly pull back on band by bending wrist backward.** This is a small movement happening only at the wrist. Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### WRIST PAIN 5 FOREARM PRONATION

Start this drill **palm-up, band hooked over fingers on thumb side** and forearm resting on edge of table. Take up tension in band and secure other end under foot. **Slowly rotate hand from palm-up to palm-down position keeping forearm on table.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.



### WRIST PAIN 6 FOREARM SUPINATION

Start this drill **palm-down, band hooked over thumb & forearm resting on edge of table.** Take up tension in band and secure other end under foot. **Slowly rotate hand from palm-down to palm-up position, keeping forearm on table.** Hold this position 2-3 seconds. Slowly return to start position. Repeat up to 10 times.

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## ADDITIONAL INSTRUCTIONS

- Pull slowly and deliberately on the band.
- Pause for 2-3 seconds at end of motion.
- Slowly return to starting position.
- Perform drills in the sequence listed unless otherwise advised by your therapist.

## PRECAUTIONS

- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience some soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

## NOTES: