

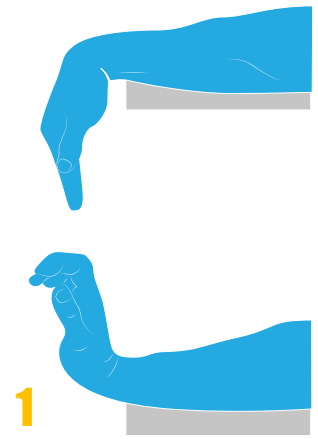
# Wrist Stretches

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

## Wrist Stretches – Basic Exercises

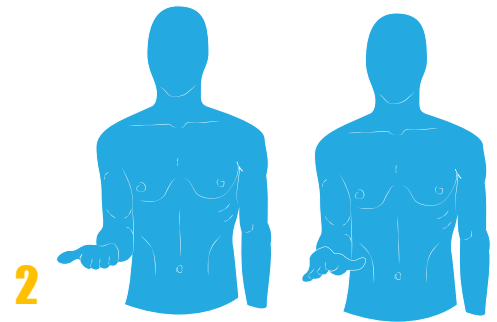
### 1. Wrist Flexion to Extension

- Support forearm on a table.
- Hang wrist and fingers over the edge.
- Bend your wrist forwards and backwards to feel a stretch.
- Repeat 10 times.



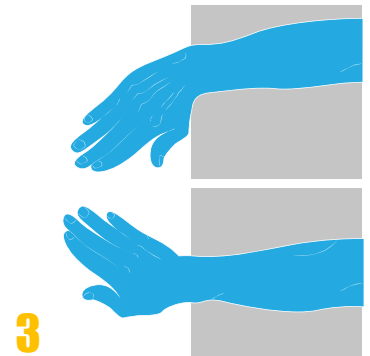
### 2. Forearm Rotation

- Bend elbow up at 90 degrees.
- Rotate palm up and down.
- Repeat 10 times.



### 3. Wrist Side Bends

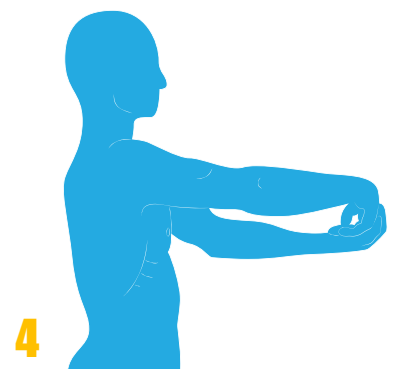
- Support forearm on a table.
- Hang wrist and fingers over the edge.
- Bend your wrist from side to side to feel stretch.
- Repeat 10 times.



## Wrist Stretches – Advanced Exercises

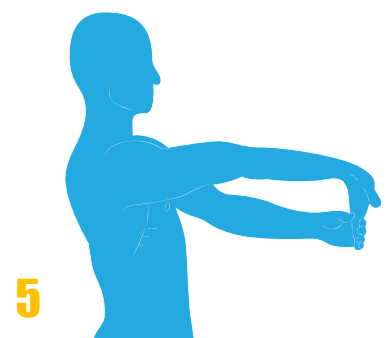
### 4. Wrist Extensor Stretch

- Keep elbow straight.
- Use other hand to bend wrist down to feel a stretch.
- Hold for 15 seconds and repeat 4 times.



### 5. Wrist Flexor Stretch

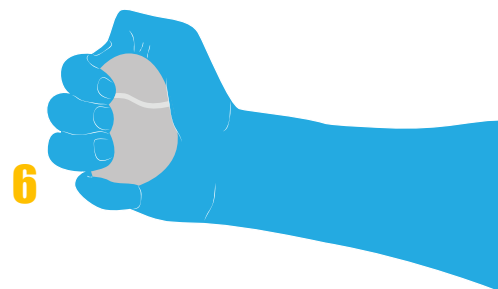
- Keep elbow straight.
- Use other hand to bend wrist backwards to feel a stretch.
- Hold for 15 seconds and repeat 4 times.



# Wrist Strengthening – Basic Exercises

## 6. Squeeze Tennis Ball

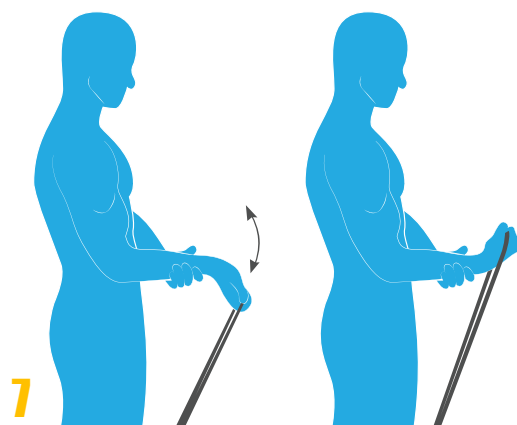
- Hold tennis ball.
- Squeeze the tennis ball as hard as possible.
- Hold for 5 seconds and repeat 10 times.



# Wrist Strengthening – Intermediate Exercises

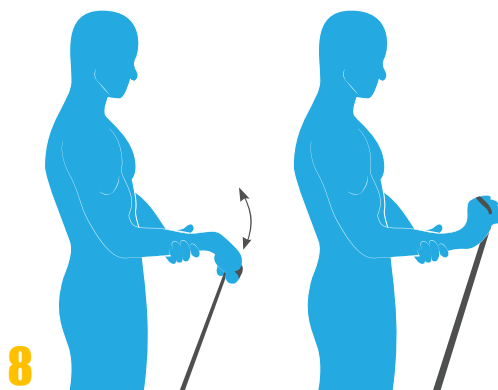
## 7. Resistance Band Wrist Flexion

- Use a resistance band around fingers and palm facing up.
- Support forearm with hand and bend elbow at 90 degrees.
- Slowly curl wrist and fingers up against the resistance band and tighten muscles.
- Perform 3 sets of 10 repetitions.



## 8. Resistance Band Wrist Extension

- Use a resistance band around fingers and palm facing down.
- Support forearm with hand and bend elbow at 90 degrees.
- Slowly curl wrist and fingers up against the resistance band and tighten muscles.
- Perform 3 sets of 10 repetitions.



## 9. Resistance Band Radial Deviation

- Use a resistance band around fingers and palm facing down.
- Support forearm with hand and bend elbow at 90 degrees.
- Slowly curl wrist up against the resistance band and tighten muscles.
- Perform 3 sets of 10 repetitions.

