



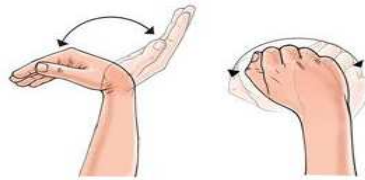
Wrist extension stretch:

Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times.



Grip strengthening:

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.



Wrist range of motion

Side to side: Gently move your wrist from side to side (a hand-shake motion). Hold for 5 seconds in each direction. Do 2 sets of 15.



Wrist extension

Extension: Gently bend your wrist backward. Hold this position 5 seconds. Do 2 sets of 15.



Wrist flexion

Flexion: Gently bend your wrist forward. Hold for 5 seconds. Do 2

Wrist Fracture Rehabilitation Stretching Exercises



Bones of your wrist



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Forearm pronation and supination



Forearm pronation and supination:

Bend the elbow of your injured arm 90 degrees, keeping your elbow at your side. Turn your palm up and hold for 5 seconds. Then slowly turn your palm down and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees while you do the exercise. Do 2 sets of 15.

*When this exercise becomes pain free, do it with some weight in your hand such as a



Wrist stretch:

Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on your injured side straight during this exercise. Do 3 sets.

Wrist flexion stretch:

Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight. Lean away from the table. Hold this position for 15 to 30 seconds. Repeat 3 times.



Wrist flexion stretch