

Flexion

Gently bend your wrist forward. Hold for 5 seconds. Do 2 sets of 15.

Extension

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

Side to side

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

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.



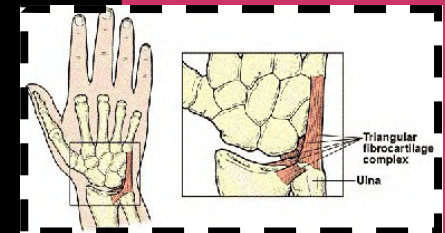
Wrist flexion stretch

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.



Wrist extension stretch

Triangular Fibrocartilage Complex (TFCC) Injuries Rehabilitation



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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.

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



Grip strengthening

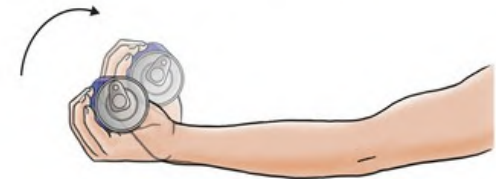


Forearm pronation and supination

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

stretching

Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 2 sets of 15. Gradually increase the weight of the can or weight you are holding.



Wrist flexion

Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist up. Slowly lower the weight down into the starting position. Do 2 sets of 15. Gradually increase the weight of the object you are holding.



Wrist extension

strengthening