

## Wrist Range of Motion Exercises

If your normal range of motion is impaired – if you cannot bend your thumb without pain- these exercises move your wrist and finger through their normal ranges of motion and require all the hand's tendons to perform their specific functions.

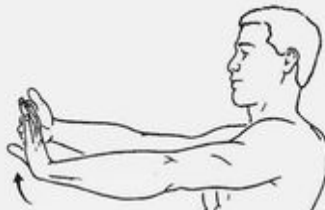
### WRIST RANGE OF MOTION EXERCISES

Complete 10 repetitions of each exercise, 3 times a day.

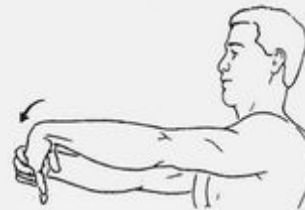


Actively bend wrist forward then back as far as possible.

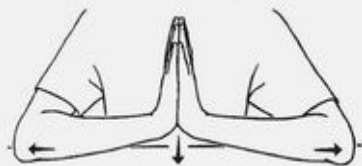
Grasp hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt. Hold 5 seconds. Relax.



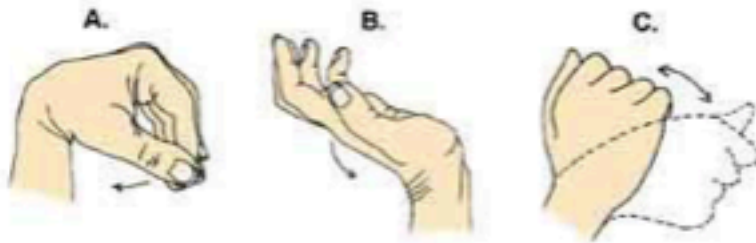
Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold 5 seconds. Relax.



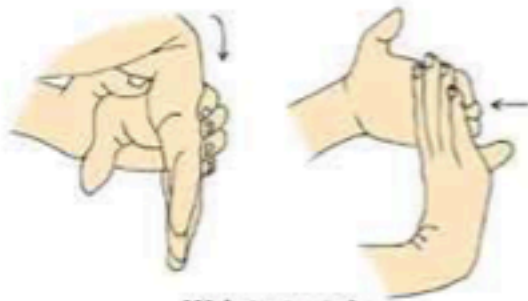
Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 5 seconds. Relax.



Gently bend wrist from side to side as far as possible.



**Wrist: Active range of motion**



**Wrist stretch**



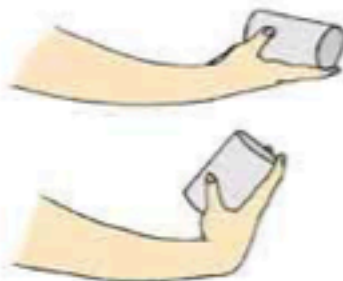
**Wrist extension stretch**



**Wrist flexion stretch**



**Pronation and supination of the forearm**



**Wrist flexion exercise**



**Wrist extension exercise**



**Grip strengthening**