

# UPSWING HEALTH

## Wrist Sprain

### Wrist & Forearm Active ROM Exercises



#### **1. Wrist Flexion & Extension**

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open.

Repeat 8 – 10 times, 3 – 4 times per day.



#### **2. Wrist Ulnar and Radial Deviation**

With hand flat on table, slide hand side.

Repeat 8 – 10 times, 3 – 4 times per day.



#### **3. Forearm Supination and Pronation**

Keeping elbow bent and close to your side, to side, rotate your hand to turn palm up, and then palm down. It is helpful to use a light hammer or light weighted dowel to perform this exercise

Repeat 8 – 10 times, 3 – 4 times per day.

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## Wrist and Forearm Strengthening

Weights and Resistance Band should be light resistance – not too strenuous



### **1. Wrist Extension – Weight**

With wrist over edge of table, hold 1 – 5 weight in hand. Lift hand up, then relax back down. Repeat 8 – 10 times, 3 – 4 times per day.



### **2. Wrist Flexion – Weight**

With wrist over edge of table, palm up, hold weight in hand. Lift hand/wrist up, then relax back down. Repeat 8 – 10 times, 3 – 4 times per day.



### **Wrist Extension – Resistance Band**

Wrap a resistance band in hand with opposite end secured under your foot. While supporting your forearm on your leg, lift hand up, then relax back down.

Repeat 8 – 10 times, 3 – 4 times per day.



### **Wrist Flexion – Resistance Band**

Wrap resistance band in hand with opposite end secured under your foot. While supporting your forearm on your leg, Lift hand palm up, then relax back down.

Repeat 8 – 10 times, 3 – 4 times per day.

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### **3. Wrist Ulnar and Radial Deviation – Weight**

Support forearm on your leg or table while holding weight with your thumb up. Bring weight up towards the ceiling, then slowly, lower your hand back down.

Repeat 8 – 10 times, 3 – 4 times per day.



### **Wrist Radial Deviation – Resistance Band**

Wrap resistance band in hand with thumb up, securing the opposite end under your foot. Support forearm on your leg. Bring hand up, leading with your thumb, then relax back down. Repeat 8 – 10 times, 3 – 4 times per day.



### **Wrist Ulnar Deviation – Resistance Band**

Wrap resistance band in hand with opposite end secured under your opposite foot. Support forearm on your leg. Bring hand to the side, pulling the band away from your body. Repeat 8 – 10 times, 3 – 4 times per day.

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## **4. Forearm Rotation – Hammer/Weight**

Keeping your elbow by your side, hold hammer in your hand. Slowly rotate the hammer palm up, and then slowly rotate palm down.

Repeat 8 – 10 times, 3 – 4 times per day. *\*Tip\**

*If you hold closer to the end of the hammer, the more resistance you will have. If you hold closer to the head of the hammer, the less resistance you will have.*



## **Forearm Supination – Resistance Band**

Wrap resistance band in your hand with your thumb pointing up. Secure the opposite end under your foot. Rotate your hand palm up, then relax back to the starting position.

Repeat 8 – 10 times, 3 – 4 times per day.



## **Forearm Pronation – Resistance Band**

Wrap resistance band in your hand with your hand starting palm up. Secure the opposite end under your foot. Rotate your hand palm down, Then relax back to the starting position.

Repeat 8 – 10 times, 3 – 4 times per day.

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## Passive Wrist Stretches



Use uninvolved hand to gently bend involved wrist downward. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Use uninvolved hand to gently bend involved wrist towards the ceiling. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Place both hands together in a 'meditation-like' position. If you are having a hard time keeping the base of the palms connected, place a card or thin object between both palms and attempt to hold together. Slowly start to increase wrist flexion (wrist bending) by lowering both wrists while maintaining the palms together. The fingers and thumbs should be resting against each other. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Place both hands together in a 'reverse meditation-like' position. If this is difficult, try to keep the back of the palms connected by placing a soft sponge or like object between the back of both wrists and hold together. Slowly start to increase wrist bending by raising both wrists while maintaining the back of the wrists together. The fingers and thumbs should be relaxed. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

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Place both hands on a flat surface with elbows gently extended. Slowly bring body weight over wrists. Start to increase wrist bending by moving body weight over the wrist – into a gentle stretch. The fingers and thumbs should be flat and lightly separated. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

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## Putty Exercises



### **1. Grip**

Squeeze putty with all fingers, into your fist.



### **2. Tip Pinch**

Squeeze putty between your index finger and thumb.



### **3. Three Jaw Pinch**

Squeeze putty between your index, middle, and thumb.



### **4. Lateral Pinch ("Turning a Key")**

Squeeze putty between your thumb and the side of your index.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

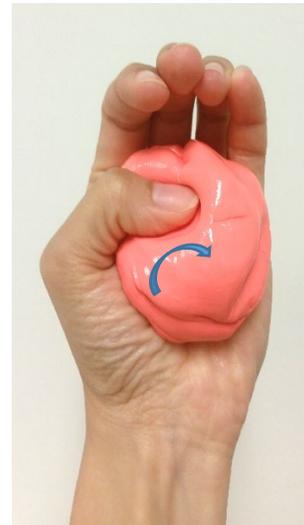
If the putty gets soft, keep in in the refrigerator.

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## **5. Composite Flexion**

Hold putty in palm with your thumb. Press thumb into putty, aiming for your palm.



## **6. Thumb and Finger Extension**

Place putty loop around tips of fingers and thumb.  
Stretch loop by extending fingers and thumb.



## **7. Finger Abduction**

Place putty loop around fingers.  
Stretch loop by separating fingers.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

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## 8. Finger Adduction

Press putty between fingers.

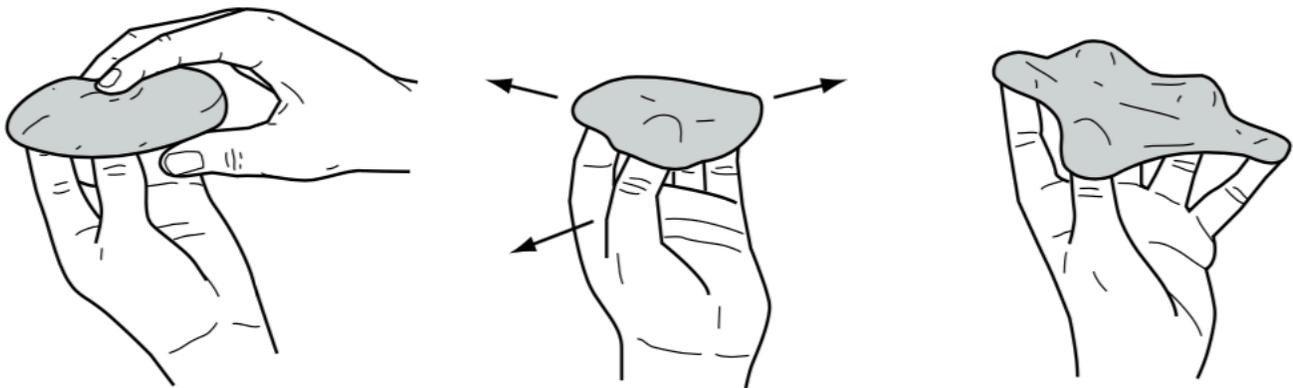


## 9. Thumb Extension

Straighten thumb inside putty loop anchored by fingers.

## 10. Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

If the putty gets soft, keep in in the refrigerator.