

Phase 2

GOOD FOR:

- Alleviating wrist pain
- Improving forearm muscle flexibility
- Early wrist and finger strengthening
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- Tools: dumbbell, grip strengthener, finger exerciser

Add phase 3 when you can do the exercises with no more than mild pain (3/10)

wrist flexor stretch

Straighten your arm out in front of your body with your palm facing up. Form a grip around your palm with your opposite hand, then pull down until you feel a stretch on the bottom of your forearm. Perform 3 reps with 30- to 60-second holds.



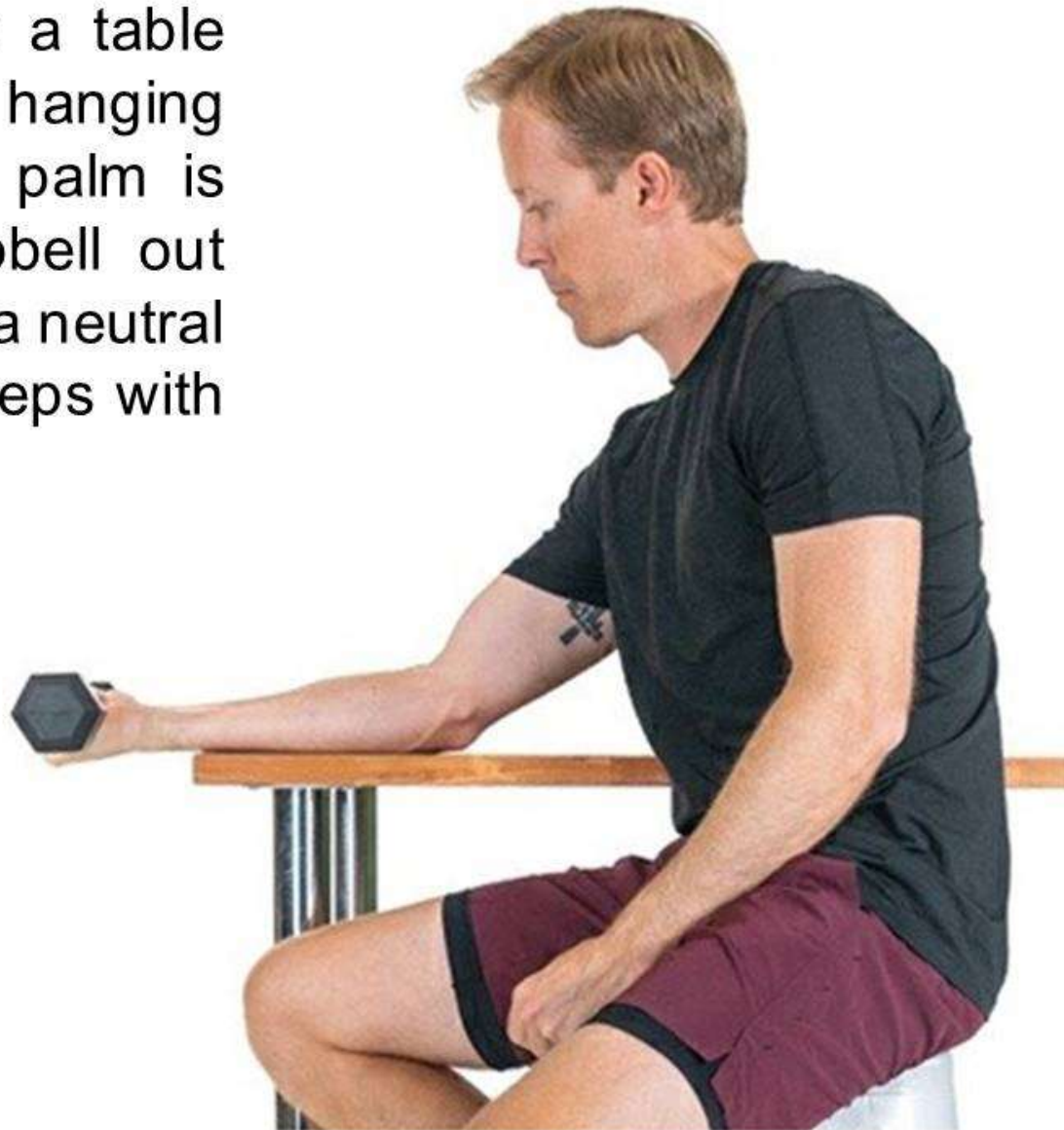
wrist extensor stretch

With your palm facing down, form a grip around your knuckles with your opposite hand, then pull down until you feel a stretch on the top of your forearm. Perform 3 reps with 30- to 60-second holds.



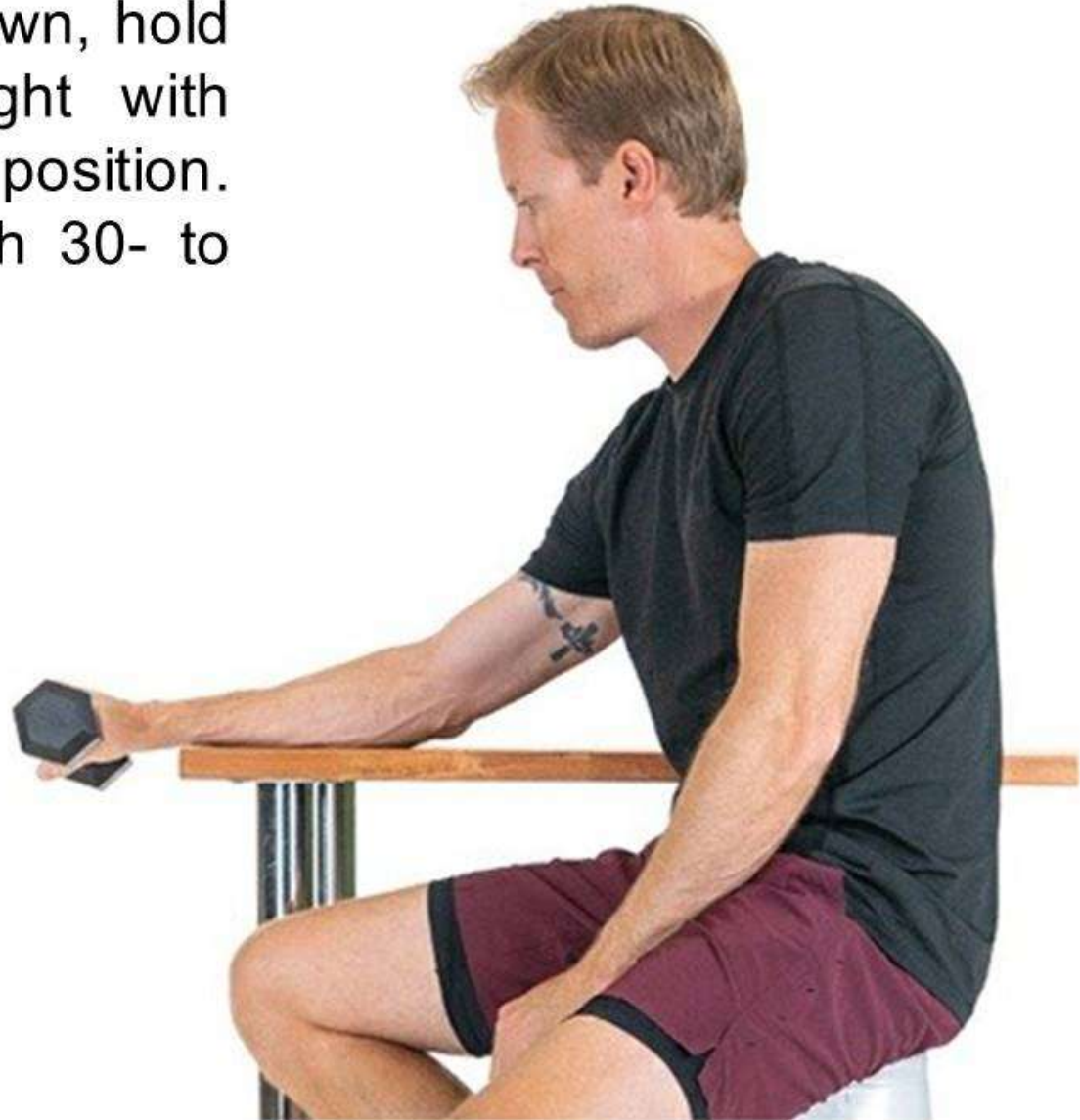
wrist flexor isometrics

Support your forearm on a table so that only your hand is hanging over the edge and your palm is facing up. Hold a dumbbell out straight with your wrist in a neutral position. Perform 4 or 5 reps with 30- to 45-second holds.



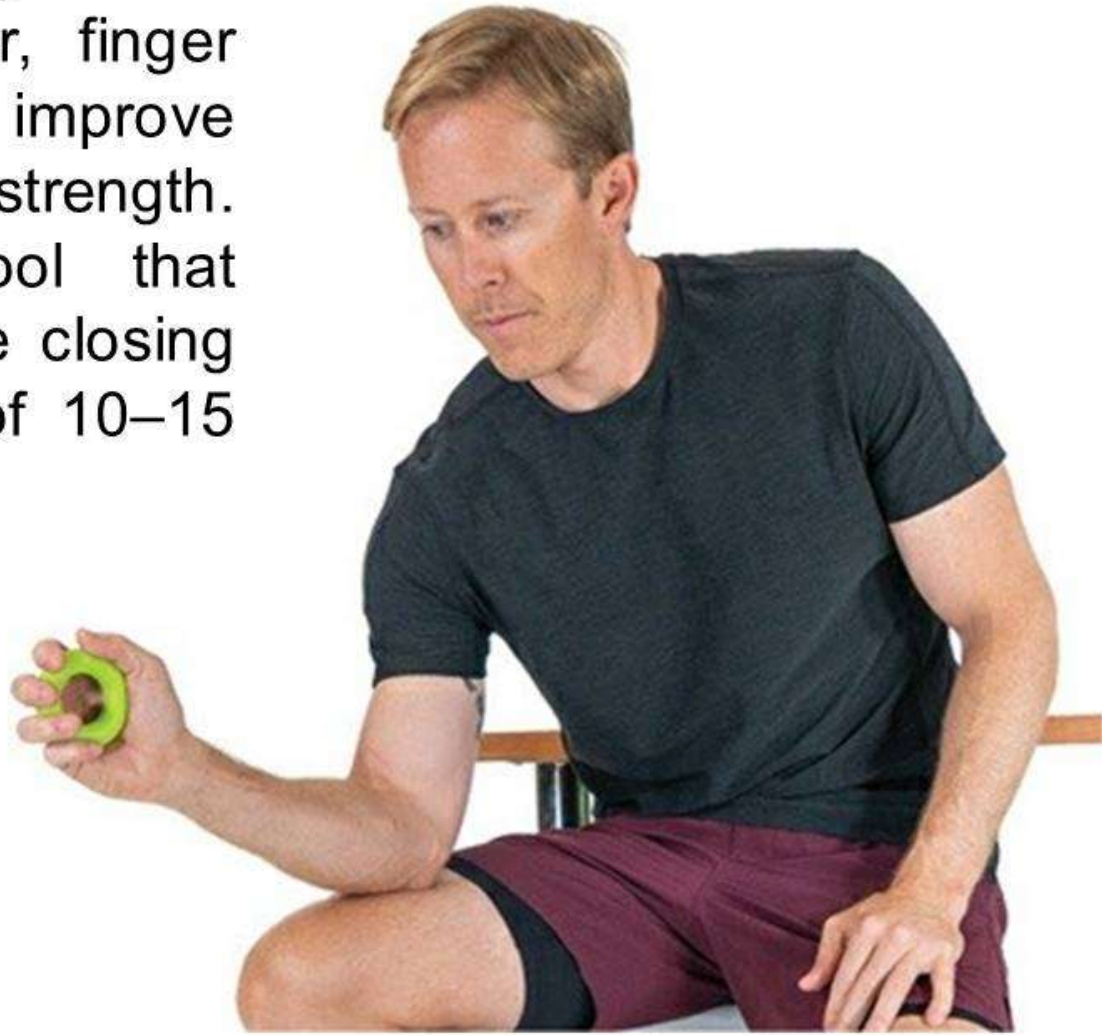
wrist extensor isometrics

With your palm facing down, hold the dumbbell out straight with your wrist in a neutral position. Perform 4 or 5 reps with 30- to 45-second holds.



grip strengthener

Use a grip strengthening device (resistance hand gripper, finger exerciser, or grip ring) to improve your forearm and hand strength. You can use any tool that provides resistance while closing your hand. Do 3 sets of 10–15 reps.



resisted finger extensor

Place your fingers in the holes of a finger extensor resistance exerciser, then splay and extend your fingers and thumb. Do 3 sets of 10–15 reps.

