

Phase 1

GOOD FOR:

- Alleviating wrist pain
- Relieving muscle tension
- Improving wrist and forearm mobility
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tool: small massage ball

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

wrist flexor mobilization

Lay your arm out straight on a bench or table with your palm facing up. Press a small massage ball into your forearm flexor muscles (where the bottom of your forearm connects to your elbow) and massage around the area. Add dynamic movement by extending your wrist while applying steady pressure with the ball.



wrist flexor mobilization (manual variation)

The manual variation shares the same technique, but instead of applying pressure with a ball, you use your fingers.



Phase 1

MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Move as far as you can with no more than mild pain
- Pause at end range for 2–3 seconds
- Be careful with the stretches (holding end range) if you have a strain or sprain, as they can flare up symptoms

forearm pronation and supination

With your arm supported on a table and your hand open, rotate your forearm as far as you can in each direction. Turn your palm up and then down, isolating your wrist and forearm. Once you reach end range, you can use your free hand to increase the stretch, pausing for 2–3 seconds before rotating in the opposite direction.



wrist flexion and extension mobility

With your hand in a fist, extend your wrist as far as you can. Once you reach end range, you can use your opposite hand to increase the range of motion, pausing for 2–3 seconds in extension.



wrist flexion and extension mobility

After passing through extension, flex your wrist as far as you can. Again, once you reach end range, you can use your opposite hand to increase the range of motion, pausing for 2–3 seconds in flexion.



wrist ulnar and radial deviation mobility

With your hand open and your thumb pointing up, move your wrist up and down as far as you can in each direction. Once you reach end range, you can use the opposite hand to hold and increase the stretch, pausing for 2–3 seconds in both positions.



wrist ulnar and radial deviation mobility

With your hand open and your thumb pointing up, move your wrist up and down as far as you can in each direction. Once you reach end range, you can use the opposite hand to hold and increase the stretch, pausing for 2–3 seconds in both positions.

