

6 Exercises That Promote Wrist Health

With more and more Americans spending countless hours typing away at keyboards, it's important to keep those hard working hands healthy. Considering the wrist is the pivot point to the finger work factory, wrist health is essential.

Daily wrist exercises are crucial when the computer cursor is a nine to five job. When wrist pain does develop and goes untreated, it can lead to carpal tunnel syndrome (CTS) and other painful impairments. The following is a list of six helpful exercises to improve wrist health and reduce wrist pain.

1. Say A Prayer

The prayer stretch is a great way to get those wrists feeling flexible and exercised. It works just the way it sounds; put both hands in the prayer position with elbows facing out and slowly lower the wrists until a slight stretching sensation is felt. Don't over do it, a little goes a long way.

2. Wrist Extensions

Considering this exercise takes place in two moves, it's technically called wrist flexion and extension. With the forearm resting on a tabletop or armchair and the wrist hanging over the edge, slowly move the hand up and down as if waving. It's also important to hold the upper and lower part of the stretch for 5 seconds at a time.

3. A Deviation Of The Wrist

The wrist deviation exercise works much the same way as the wrist extension exercise above. The only difference is instead of moving the hand up and down in a waving motion, the hand moves side to side. With this exercise, like all exercises described, slow and steady wins the race.

4. Get Those Fingers Moving

Finger exercise is just as important to the wrist as any of the wrist specific exercises mentioned here; that's where the finger flexion and extension stretch comes into play. With this one, simply stretch all five fingers out as far as possible and hold for five seconds. Stretch five and hold for five – pretty easy to remember.

5. Wrist Up, Wrist Down

Next on the list is the wrist flexor and extensor stretch. It's a great exercise for time when those wrists really need to be loose. With the arm and elbow straight out, simply lift the hand up and lightly pull back on the fingers with the other hand. That's the flexor portion. For the extensor portion, turn the hand the opposite direction so the fingers are facing the floor and pull back once more. Now the wrist is ready to go.

6. The Nations

Another great exercise is supination and pronation. With the elbow to the side and the forearm straight out, hold the hand flat and twist it in a clockwise/counter clockwise motion at the wrist. Only twist the hand far enough to feel a stretch in the wrist. That goes for both directions.

With these helpful wrist exercises, injury and pain can be avoided. But, when wrist pain does arise and persist, it's important to seek an expert. Graham Rehabilitation in Seattle, Washington has a team of doctors ready to take care of anything from wrist pain to back and shoulder pain. So, talk to a doctor at Graham Rehab and keep those wrists, along with the rest of the body, feeling great.