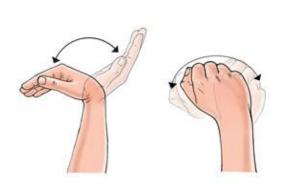
Jaspal R Singh, M.D. www.rickysinghmd.com

NewYork-Presbyterian Hospital Weill Cornell Medical Center

525 East 68<sup>th</sup> Street, Baker 16 New York, NY 10065

TEL: 212.746.1500 FAX: 212.746.8303

## **Wrist Tendonitis Rehabilitation Exercises**



Wrist range of motion



Wrist extension stretch



Forearm pronation and supination



Wrist extension

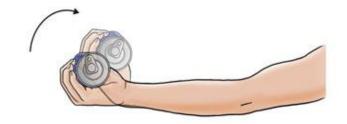




Wrist stretch



Wrist flexion stretch



Wrist flexion



Grip strengthening

## Department of Rehabilitation Medicine

Jaspal R Singh, M.D. www.rickysinghmd.com

NewYork-Presbyterian Hospital Weill Cornell Medical Center 525 East 68<sup>th</sup> Street, Baker 16

New York, NY 10065 TEL: 212.746.1500 FAX: 212.746.8303

## Wrist Tendonitis Rehabilitation Exercises

## Wrist Range of Motion

- 1. **Flexion:** Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
- 2. **Extension:** Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
- 3. **Side to side:** Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.
- Wrist stretch: With one hand, help to bend the opposite wrist down by pressing
  the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the
  hand back by pressing the fingers in a backward direction and holding it for 15 to
  30 seconds. Keep your elbow straight during this exercise. Do 3 sets on each
  hand.
- Wrist extension stretch: Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times.
- Wrist flexion stretch: Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight. Lean away from the table. Hold this position for 15 to 30 seconds. Repeat 3 times.
- Forearm pronation and supination: With your elbow bent 90°, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90° throughout this exercise. Do 3 sets of 10.

When this exercise becomes pain free, do it with some weight in your hand such as a soup can or hammer handle.

- Wrist flexion: Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- Wrist extension: Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10..