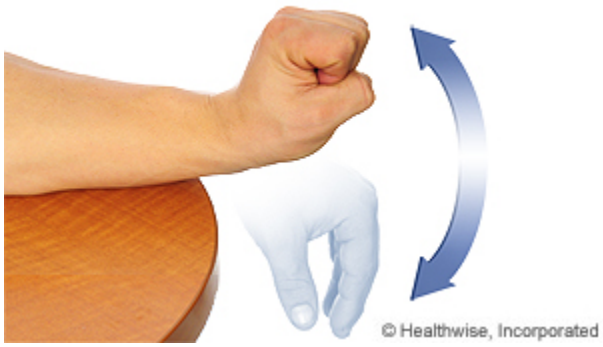
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Introduction

Here are some examples of exercises for you to try. Start each exercise slowly. Ease off the exercises if you start to have pain.

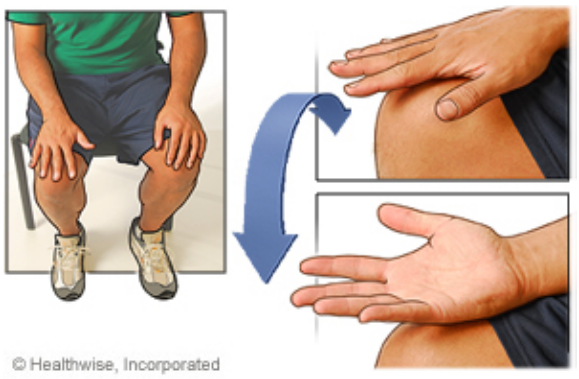
How to do the exercises

Wrist flexion and extension



1. Place your forearm on a table, with your hand and affected wrist extended beyond the table, palm down.
2. Bend your wrist to move your hand upward and allow your hand to close into a fist, then lower your hand and allow your fingers to relax. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.

Hand flips



1. While seated, place your forearm and affected wrist on your thigh, palm down.
2. Flip your hand over so the back of your hand rests on your thigh and your palm is up. Alternate between palm up and palm down while keeping your forearm on your thigh.
3. Repeat 8 to 12 times.

Wrist radial and ulnar deviation



1. Hold your affected hand out in front of you, palm down.
2. Slowly bend your wrist as far as you can from side to side. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.

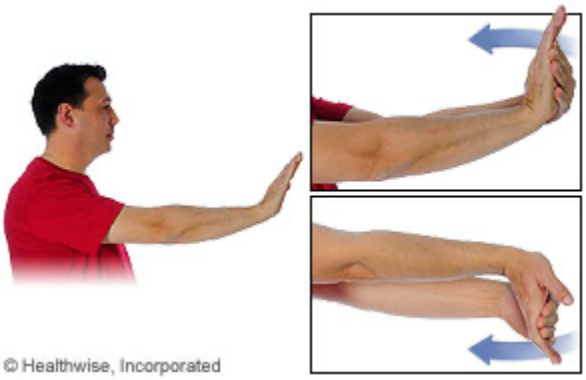
Wrist extensor stretch



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1. Extend the arm with the affected wrist in front of you and point your fingers toward the floor.
2. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.
5. When you can do this stretch with ease and no pain, repeat steps 1 through 4. But this time extend your affected arm in front of you and make a fist with your palm facing down. Then bend your wrist, pointing your fist toward the floor.

Wrist flexor stretch

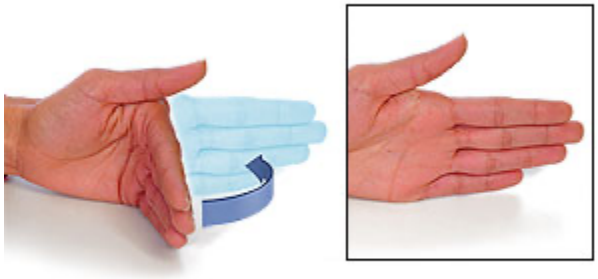


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1. Extend the arm with the affected wrist in front of you with your palm facing away from your body.
2. Bend back your wrist, pointing your hand up toward the ceiling.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.

4. Hold the stretch for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but this time extend your affected arm in front of you with your palm facing up. Then bend back your wrist, pointing your hand toward the floor.

Intrinsic flexion



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1. Rest the hand with the affected wrist on a table and bend the large joints where your fingers connect to your hand. Keep your thumb and the other joints in your fingers straight.
2. Slowly straighten your fingers. Your wrist should be relaxed, following the line of your fingers and thumb.
3. Move back to your starting position, with your hand bent.
4. Repeat 8 to 12 times.

MP extension



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1. Place your good hand on a table, palm up. Put the hand with the affected wrist on top of your good hand with your fingers wrapped around the thumb of your good hand like you are making a fist.

2. Slowly uncurl the joints of the hand with the affected wrist where your fingers connect to your hand so that only the top two joints of your fingers are bent. Your fingers will look like a hook. Hold the position for about 6 seconds.
3. Move back to your starting position, with your fingers wrapped around your good thumb.
4. Repeat 8 to 12 times.