Wrist Extensor Stretch with Elbow Extension

1. Put your arm straight out in front of you with your elbow straight. Make a fist with your palm down.
2. Bending only at your wrist, bring your fist down towards the ground. You can use your other hand to add pressure. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=QYWoHZbZzRY

Wrist Flexor Stretch with Elbow Extension

1. Put your arm straight out in front of you with your elbow straight. Extend your fingers with your palm down.
2. Bending only at your wrist, lift your fingers up towards the ceiling. You can add pressure with your other hand. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=9tNzUmYm_6I

Arm Prayer Stretch

1. Place the palms of your hands together in front of you with your elbows out to the sides.
2. Keeping your hands together, slowly bring your hands downward and your elbows out until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbUILDER.com/v.php?y=nZIlXqgsuQ
**Wrist Extension and Flexion ROM with Elbow Flexion**

1. Rest your elbow on a table with your wrist hanging off the edge and your elbow bent. Make a fist with your palm facing down.
2. Move your fist up and down.
   - Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day
   - Video: [hepbuilder.com/v.php?y=V-oTHMVGUwM](hepbuilder.com/v.php?y=V-oTHMVGUwM)

**Towel Squeeze**

1. Roll up a towel, and rest your arm on a table or on your lap.
2. Squeeze the towel with your hand and then relax.
   - Reps: 3-5 | Sets: 2-3 | Which Side: Both | Hold Time: 5-10 seconds | How Often: 2-3 times per day
   - Video: [hepbuilder.com/v.php?y=U96eSSshbRc](hepbuilder.com/v.php?y=U96eSSshbRc)

**Wrist Extension with Weight**

1. Rest your elbow on a table top with your wrist hanging off the edge and your elbow bent. Hold onto a weight or soup can, palm facing down.
2. Move your fist down and up.
   - Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day
   - Video: [hepbuilder.com/v.php?y=eRW31hBQPgk](hepbuilder.com/v.php?y=eRW31hBQPgk)

**Wrist Flexion with Weight**

1. Rest your elbow on a table with your wrist hanging off the edge and your elbow bent. Hold a weight or soup can in your hand, palm facing up.
2. Move your fist up and down.
   - Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day
Wrist Radial Deviation with Weight

1. Rest your arm on a table. Slightly bend your elbow with your wrist off the table.
2. Hold a weight or soup can with your thumb on top. Bend your fist up towards the ceiling, and then slowly back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=VAggjGv1Y7o

Wrist Supination and Pronation ROM with Weight

1. Sit in a chair with your elbow bent by your side at a 90 degree angle with a weight like a hammer in your hand.
2. Slowly turn your hand from side to side keeping your elbow by your side.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=M6nV-Sxy1q8

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.