

**Notes :**

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self-management of your symptoms does not replace the value of being assessed by a Health Professional.

## 1 Stretching Extensors



Extend one arm out with elbow straight and use the other hand to grasp it at the side of the thumb and bend the wrist downward.

Hold for 15 sec x4 reps, 1-2 times a day.



## 2 Stretching Flexors



Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently.

Hold for 15 sec x4 reps, 1-2 times a day.



### 3 Wrist extension with weight



Sit with your wrist hanging over the edge of a table with your palm facing down holding a weight.

Lift the weight and hand with your opposite hand up as high as possible while keeping your forearm on the table.

Slowly lower your weight as low as possible. Return and repeat.

Perform 8-12 reps, 2-3 sets, 2-3 times a week.

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### 4 Wrist flexion



Place your forearm along an armrest or table with wrist hanging over the edge and palm facing up.

With a weight in your hand, lift the hand towards the ceiling.

Lower slowly and repeat.

Perform 8-12 reps, 2-3 sets, 2-3 times a week.