

Active Wrist Exercises

To do at home

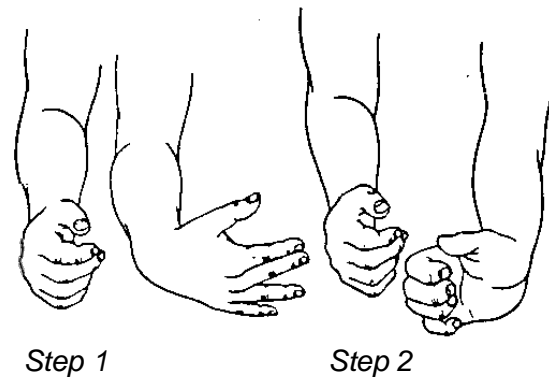
This handout gives step-by-step instructions for 4 active wrist exercises. These are exercises you can do at home.

For each exercise:

- **Do _____ repetitions (reps) _____ times every day.**
- Do the exercise slowly and smoothly.
- Keep your fingers as relaxed as you can.

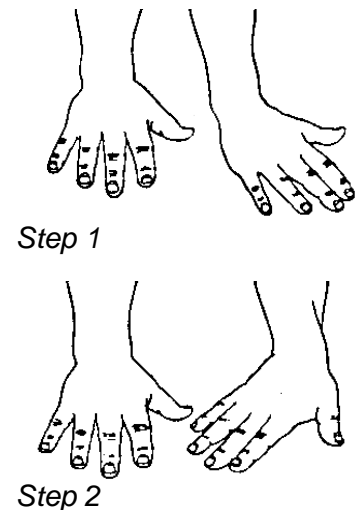
Exercise #1

1. Hold your hand relaxed, as shown. Then bend at the wrist to move your hand toward you as far as you can.
2. Relax. Then bend at the wrist to move your hand away from you as far as you can.
3. Relax and repeat from Step 1.



Exercise #2

1. Place your palm down on a flat surface. Move your hand as far as you can toward your thumb, bending only at your wrist.
2. Relax, then move your hand as far as you can toward your little finger, bending only at your wrist.
3. Relax and repeat from Step 1.



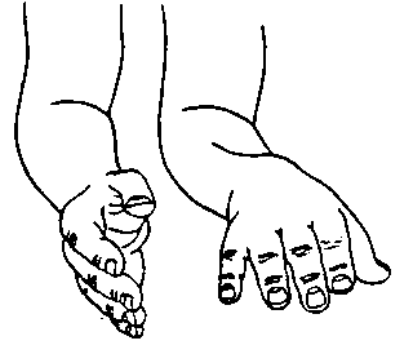
Exercise #3

Keep your elbow at your side as you do this exercise.

1. Turn your palm up as far as you can, moving only your forearm and hand.
2. Relax. Then, turn your palm down as far as you can, moving only your forearm and hand.
3. Relax and repeat from Step 1.



Step 1

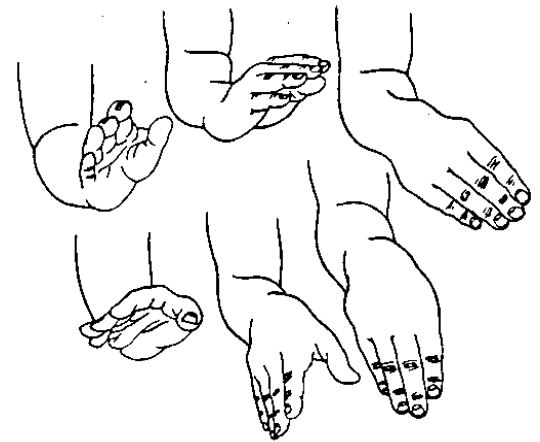


Step 2

Exercise #4

Keep your elbow at your side as you do this exercise.

1. Move your wrist so that your hand moves in a circle. Avoid moving your forearm.
2. Relax. Then repeat, moving your hand in the opposite direction.



Step 1

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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