

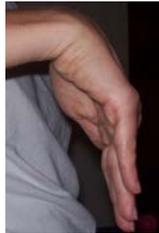


Rehabilitation Exercises for Wrist and Hand Injuries

If instructed by your medical doctor, you may begin these exercises when the pain has started to decrease.

Active Range of Motion:

- A. Flexion: Gently try to bend your wrist forward. Hold for 5 seconds. Repeat for 3 sets of 10.



- B. Extension: Gently bend your wrist backward. Hold for 5 seconds. Repeat for 3 sets of 10.



- C. Wrist rock stretch: hold your injured hand out in front of you in the handshake position. Make a fist with your injured hand, but tuck your thumb inside your palm. Gently move your wrist from side to side. Hold for 5 seconds each way. Repeat 10 times, do 3 sets.



Wrist Stretching:

- A. Flexion/Extension: With your uninjured hand, help to bend the wrist down by pressing the back of your hand and holding for 15-30 seconds. Next, stretch it backward by pressing the fingers in a backward direction and holding for 15-30 seconds. Repeat 2 times.



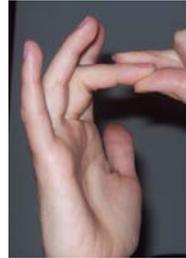
- B. Extension: Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15-30 seconds. Repeat 2 times.



- C. Flexion: Stand with the back of your hands on a table, palms facing up, fingers pointing towards your body, and elbow straight. Lean away from the table. Hold this position for 15-30 seconds. Repeat 2 times.



Tendon Glides: Start with the fingers of your injured hand held out straight. Gently bend the middle joint of your fingers down toward your upper palm. Hold for 2 seconds. Repeat 10 times, do 3 sets.



Wrist Strengthening:

- A. Wrist flexion: Hold a small weight or hammer handle with your palm *up*. Slowly bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times, do 3 sets of 10. *Gradually increase the weight you are holding.



- B. Wrist extension: Hold a small weight or hammer handle with your palm *down*. Gently bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times, do 3 sets of 10. *Gradually increase the weight you are holding.



- C. Wrist radial deviation: With your wrist in the sideways position and your thumb up, hold a small weight or hammer handle. Gently bend your wrist up with your thumb reaching towards the ceiling. Slowly lower to the starting position. Repeat 10 times, do 3 sets. *Do not move your forearm throughout this exercise.



Grip Strengthening: Squeeze a rubber ball or stress ball and hold for 5 seconds. Repeat 20 times.



Pronation and Supination of Forearm: With your elbow bent 90 degrees, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Repeat 20 times.



Palm Down Curl: Stand with your hands at your side, holding a small weight palm down in your injured hand. Keeping your palm down and bending your elbow, slowly curl the weight up toward your shoulder as far as possible. Repeat 10 times, do 3 sets.





Rehabilitation Exercises for Finger Injuries

If instructed by your medical doctor, you may begin these exercises when the pain has started to decrease.

Opposition Stretch: Rest your injured hand on a table, palm up. Touch the tip of your thumb to the tip of your little finger. Hold this position for 5 seconds. Repeat 20 times.



Passive Range of Motion: Gently assist the injured joint by helping to bend it with your other hand. Gently try to straighten out the injured joint with your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Repeat this 10 times, do 3-5 sets.



Finger Lift: With your palm flat on a table and your fingers straight, lift each finger up individually and hold 5 seconds. Then put it down and lift the one next to it until you have done all 5 fingers individually. Hold each one 5 seconds and repeat 10 times.



Fist Making: Make your hand into a fist. If the injured finger will not bend into the fist, assist it with your uninjured hand and try to help it bend into the fist. Hold this position for 5-10 seconds, repeat 10 times.



Object Pick Up: Practice picking up small objects such as coins, marbles, pins or buttons with the injured finger and thumb.



Thumb Extension: Hold a small weight in your injured hand. Rest your forearm on a table with your wrist and hand hanging over the edge of the table. Starting with your hand in the handshake position (thumb up), move your wrist up and down. Repeat 20 times.



Finger Spring: Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Repeat 20 times.

