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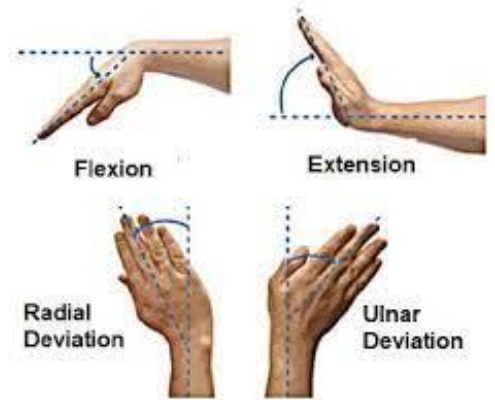
Wrist Fracture Rehab Exercises

Purpose: To strengthen and stretch your muscles around the wrist to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

1. Wrist Range of Motion:

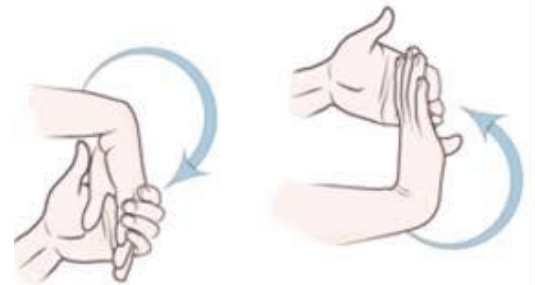
- ✓ **Flexion:** Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
- ✓ **Extension:** Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
- ✓ **Side to side (Adduction & Abduction):** Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.



g. 3. Range of wrist motion (ROM) for flexion/extension and medial/ulnar

2. Wrist Stretch:

- ✓ With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Do 3 sets of this exercise.
 - ✓ Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15-30 seconds. Keep your elbow straight during this exercise. Do 3 sets of this exercise.
- *Tip: Keep your elbow straight during this exercise.



3. Wrist Extension Stretch:

- ✓ Stand at a table with your palms down, fingers flat, and elbows straight.
- ✓ Lean your body weight forward. Hold this position for 15 seconds.
- ✓ Repeat 3 times.



4. Wrist Flexion Stretch:

- ✓ Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight.
- ✓ Lean away from the table.
- ✓ Hold this position for 15 seconds.
- ✓ Repeat 3 times.



Wrist flexion stretch

5. Forearm Pronation & Supination:

- ✓ With your elbow bent 90° and arm at your side, turn your palm upward and hold for 5 seconds.
- ✓ Slowly turn your palm downward and hold for 5 seconds.
- ✓ Make sure you keep your elbow at your side and bent 90° throughout this exercise.
- ✓ Do 3 sets of 10.
*Tip: When this exercise becomes pain free, do it with some weight in your hand such as a soup can or hammer handle.



Strengthening Exercises - #6, 7 & 8

6. Wrist Flexion:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
- ✓ Slowly lower the weight down into the starting position.



Wrist flexion

7. Wrist Extension:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
- ✓ Slowly lower the weight down into the starting position.
- ✓ Do 3 sets of 10.



Wrist extension

*Tip: Gradually increase the weight of the object you are holding.

8. Grip Strengthening:

- ✓ Squeeze a rubber ball (such as a stress ball) and hold for 5 seconds.
- ✓ Do 3 sets of 10.

