

Distal Radius Wrist Fracture Surgery Home Program Phase 4 Exercises

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You should begin these approximately 6 weeks after surgery. The strengthening exercises should make your muscles feel tired. The exercises should be done only every other day, to allow the muscle to recover. Resume all day activities as tolerated.

1 – WRIST CURLS – EXTENSION: SETS: 2 / REPETITION: 20-50 / FREQUENCY: EVERY OTHER DAY

- Place your forearm along an armrest or table with wrist hanging over the edge and palm facing down.
- Lift the weight up towards the ceiling.
- Lower slowly.



2 – WRIST CURLS – FLEXION: SETS: 2 / REPETITION: 20 – 50 / FREQUENCY: EVERY OTHER DAY

- Place your forearm along an armrest or table with wrist hanging over the edge and palm facing up.
- Lift the weight towards the ceiling.
- Lower slowly.



3 – RADIAL DEVIATION: SETS: 2 / REPETITION: 20 – 50 / FREQUENCY: EVERY OTHER DAY

- Support your forearm on a table or your knee while holding a weight with your thumb up.
- Lift the weight upward and do not let your forearm move.
- Return to the starting position.



1 – 3 EXERCISE SUMMARY:



- **Exercise 1: Wrist curls - extension**

Sets: 2 / Repetition: 20-50 / Frequency: every other day



- **Exercise 2: Wrist curls - flexion**

Sets: 2 / Repetition: 20-50 / Frequency: every other day



- **Exercise 3: Radial deviation**

Sets: 2 / Repetition: 20-50 / Frequency: every other day