

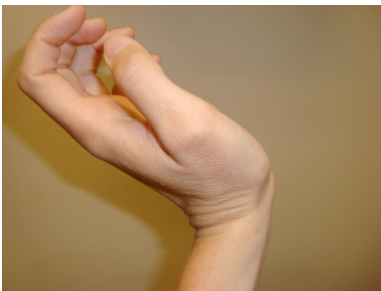
Hand/Occupational Therapy Home Program

Active Range of Motion – WRIST

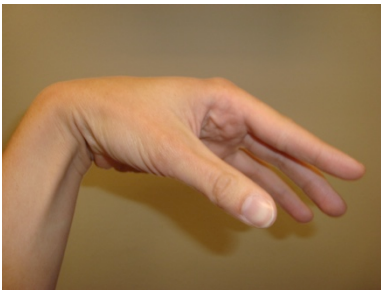
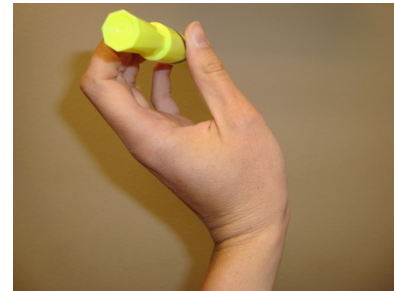
Wrist Flexion & Extension

_____ reps _____ x/day

Bend and extend your wrist off a table edge or with your elbow resting on the table and your wrist in the air. Use only your wrist muscles. DO NOT use your fingers to pull your wrist back and forth. Hold for 3 seconds at the end of each movement. (Hold onto a marker if this helps to isolate your wrist.)



or



Wrist Side-to-Side

_____ reps _____ x/day

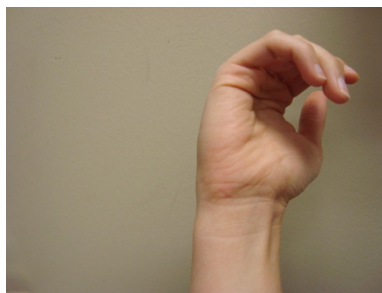
Place your hand on the table in a fist position. Keep your arm still but move your fist from side to side. Try to avoid elbow motion. Hold for 3 seconds at the end of each movement.



Wrist Circles

_____reps _____x/day

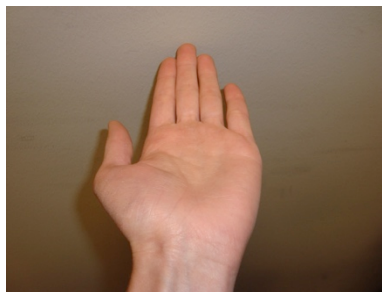
Put your arm in the air as if you are waving hello. Then slowly begin to make circles with your wrist. You need to try counterclockwise and clockwise directions. Count circles in one direction, then go the other direction.



Palm Up & Palm Down

_____reps _____x/day

Place your elbow at your side. Rotate your hand so that your palm is facing the ceiling. Then rotate your hand so that your palm is facing the floor. Do not move your elbow away from your side and make sure it does not move toward your navel. Hold for 3 seconds at the end of each movement.



Please contact Bonnie Glenzinski at 952-456-7000 if you have any questions.

Additional directions:

- a) Do after a hot water soak or hot pack _____
- b) Perform these as a warm-up for strengthening _____
- c) Perform these as a warm-up for stretching _____
- d) Assist with the uninjured hand _____
- e) Use gravity-reduced options explained by the therapist _____