

## Wrist Exercises: Active Range of Motion

The goal of these exercises is to regain or maintain function of your wrist. It uses active movement of the wrist.

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor's office.

*To obtain the best results, please perform each exercise as shown.*

### **WRIST - Extension with Finger Flexion (Active)**



With fingers curled, bend hand back at wrist.

Hold 5 seconds.

Repeat \_\_\_\_\_ times. Do these exercises \_\_\_\_\_ times per day.

### **WRIST - Flexion (Active)**



Bend wrist down with fingers curled.

Repeat 10 times. Do these exercises \_\_\_\_\_ times per day.

**WRIST - Radial Deviation with Finger Flexion (Active)**



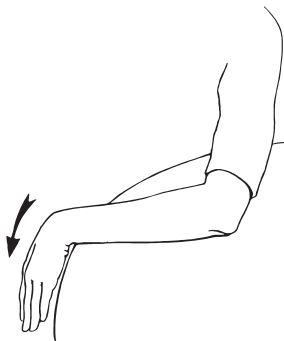
With fingers curled, bend wrist toward thumb side.  
Repeat 10 times. Do these exercises \_\_\_\_\_ times per day.

**WRIST - Ulnar Deviation (Active)**



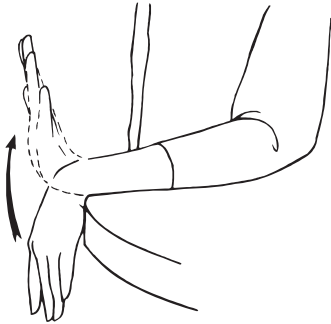
With fingers curled, bend hand to side at wrist in direction of little finger.  
Repeat 10 times. Do these exercises \_\_\_\_\_ times per day.

**WRIST - Flexion with Finger Extension (Active)**



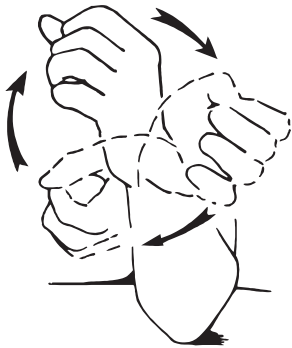
Let hand dangle over edge of table, palm down. Bend wrist downward as far as possible. Hold 5 seconds.  
Repeat \_\_\_\_\_ times. Do these exercises \_\_\_\_\_ times per day.

## **WRIST - Extension with Finger Extension (Active)**



With forearm on table and wrist over edge, lift hand with fingers straight.  
Repeat \_\_\_\_\_ times. Do these exercises \_\_\_\_\_ times per day.

## **WRIST - Circumduction (Active)**



With fingers curled, move slowly at wrist in clockwise circles 10 times.  
Repeat counterclockwise. Do not move elbow or shoulder.  
Do these exercises \_\_\_\_\_ times per day.

## **Health Information Resources**

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to [hlc@nmh.org](mailto:hlc@nmh.org).

For additional information about Northwestern Memorial Hospital, please visit our Web site at [www.nmh.org](http://www.nmh.org).

*Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.*

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