

Eccentric wrist exercises

Perform the below exercises _____ times per day. Repeat each exercise _____ times.

Use a ___kg weight.

BEFORE exercises apply heat to the wrist for about 10 minutes.



Radial Deviation



1. Forearm and elbow are supported on table with wrist relaxed over table edge.
2. Ensure thumb is facing the ceiling. Hold weight.
3. Use the unaffected hand to lift the affected hand up to the ceiling, bending at the wrist.
4. Let go of your affected hand and slowly lower it back down to the starting position.



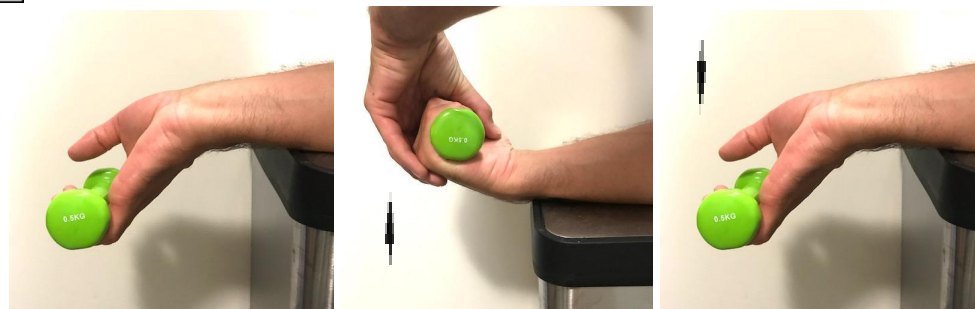
Extension



1. Forearm and elbow are supported on table with wrist relaxed over table edge.
2. Ensure palm is facing the ground. Hold weight in fingertips.
3. Use the unaffected hand to lift the affected hand up to the ceiling, bending at the wrist.
4. Let go of your affected hand and slowly lower it back down to the starting position.



Flexion



1. Forearm and elbow are supported on table with wrist relaxed over table edge.
2. Ensure palm is facing the ceiling. Hold weight in fingertips.
3. Use the unaffected hand to lift the affected hand up to the ceiling, bending at the wrist.
4. Let go of your affected hand and slowly lower it back down to the starting position.

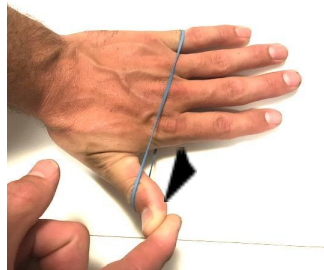
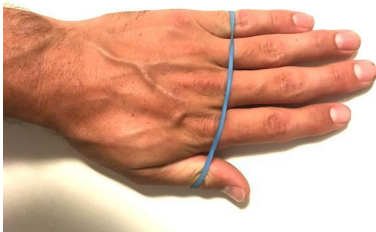
Eccentric exercises

Perform the below exercises _____ times per day. Repeat each exercise ____ times.

BEFORE exercises apply **heat** to the wrist for approx. 10 minutes



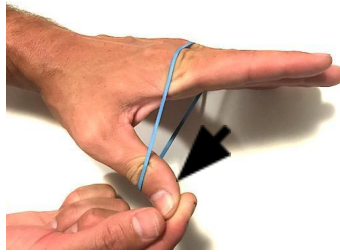
Thumb Extension



1. Rest hand flat on table and place rubber band around fingers and thumb.
2. Use the unaffected hand to gently lift the affected thumb off the table and up to the ceiling.
3. Let go of your affected thumb and slowly lower it back down to the starting position.



Thumb Abduction



1. Place rubber band around fingers and thumb.
2. With hand resting on little finger side, relax thumb alongside the index finger.
3. Use the unaffected hand to gently move the affected thumb away from the index finger and palm, parallel to table.
4. Let go of the affected thumb and slowly move it back in line with the index finger.