WRIST EXERCISES

Exercise 01: Isometric Wrist Extension

How to:
Brace your arm against your body at a 90 degree angle hand palm-down and fingers gently curled. With your opposite hand, apply gentle pressure to the back of your hand to resist any movement, keeping your wrist in a neutral position.

Set/ Frequency:
Hold for 5-10 seconds, repeat 10-15 times, once or twice a day.



Exercise 02: Isometric Wrist Flexion

How to:
Brace your arm against your body at a 90 degree angle hand palm-down and fingers gently curled. With your opposite hand, apply gentle pressure to the palm of your hand to resist movement, keeping your wrist in a neutral position.

Set/ Frequency:
Hold for 5-10 seconds, repeat 10-15 times, once or twice a day.



Exercise 03: Isometric Thumb Abduction

How to:
Place your thumb out with a neutral wrist palm down, and use your opposite hand to apply pressure to the bottom of your thumb, resisting movement.

Set/ Frequency:
Hold for 5-10 seconds, repeat 10-15 times, once or twice a day.



Exercise 04: Maintain Neutral Wrist During Daily Activities

How to:
Be mindful of keeping your wrist in a neutral position while performing daily tasks, such as typing, using a phone, or lifting objects. Avoid bending your wrist excessively up or down.

Set/ Frequency:
Practice throughout the day, especially during repetitive tasks or activities that involve your hands or wrists.

