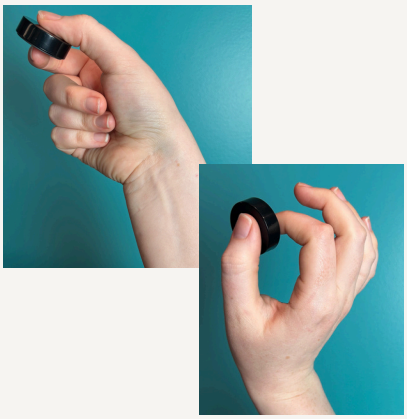
WRIST EXERCISES FOR SL

Exercise 01: Dart Thrower's Motion

How to:
Move your wrist like you are throwing a dart. Wrist down with fingers curled. Then move in a fluid motion to wrist up and fingers up as well. It helps to use a prop to show the directional changes.

Set/ Frequency:
Do 10-15 repetitions, increasing as tolerated. Focus on smooth, controlled movements.



Exercise 02: Isotonic Exercises

How to:
Hold a light weight or resistance band with your palm facing down. Slowly raise your hand up and down, then return to the starting position. Focus on engaging the wrist muscles and keeping the wrist stable.

Set/ Frequency:
Do 10-15 repetitions, increasing as your wrist becomes stronger.



Exercise 03: Sensorimotor Activities

How to:

Mirror Feedback: Stand in front of a mirror and move your affected wrist in different directions while observing the movement in the mirror. Try to match the movement with your unaffected wrist.

Set/ Frequency:
Perform for 5-10 minutes, 2-3 times a day.



Closed Chain Exercises: These involve putting weight on your wrist while it's in a stable position. For example, placing your hands on a table, pushing your hands down gently to engage wrist and forearm muscles, and then slowly releasing pressure.

