

Wrist Tendonitis Exercises

- **Wrist: Active range of motion**
 - A. **Flexion:** Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
 - B. **Extension:** Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
 - C. **Side to side:** Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.
- **Wrist stretch:** With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets.
- **Wrist extension stretch:** Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times.
- **Wrist flexion stretch:** Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight. Lean away from the table. Hold this position for 15 to 30 seconds. Repeat 3 times.
- **Pronation and supination of the forearm:** With your elbow bent 90°, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90° throughout this exercise. Do 3 sets of 10.

When this exercise becomes pain free, do it with some weight in your hand such as a soup can or hammer handle.

- **Wrist flexion exercise:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- **Wrist extension exercise:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- **Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

Before exercising apply heat with a heating pad, hot shower, or hot pack for 20-30 minutes. After exercising apply cold with an ice pack. Use a plastic bag filled with frozen peas or corn for 20-30 minutes.