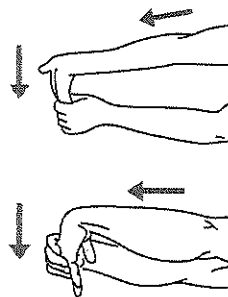


# Exercises for the hand and wrist

## Hand and wrist stretches/range of motion

### Forearm/elbow stretch

While standing or sitting, hold your arms out, keeping your elbows straight. With your opposite hand, pull your fingers back with your palm facing up. Next, with palm facing down, pull fingers in toward wrist.



Hold each stretch for 30 seconds.  
Repeat 3 times, \_\_\_\_\_ times per day.

### Standing wrist flexion/extension stretch

While standing with your hands flat on the table and your elbows locked straight, lean forward, using your weight to feel the stretch. Next, put the back of your hands on the table so your palms touch your wrist and lean forward.



Hold each stretch for 30 seconds. Repeat 3 times, \_\_\_\_\_ times per day.

### Prayer stretch (for carpal tunnel syndrome)

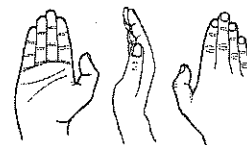
With your hands together like you are praying, push your elbows down onto a table and slide them apart, bringing your hands/wrists down to the table.



Hold stretch for 30 seconds. Repeat 3 times, \_\_\_\_\_ times per day.

### Supination and pronation

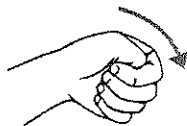
While sitting, hold your affected arm at your side and bend your elbow to 90 degrees. Then rotate your palm up (supinate), to thumb up (neutral) and finally palm down (pronate). Hold each rotation for 2 seconds.



Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### First dorsal compartment stretch

Hold your injured hand out in front of you in the handshake position. Make a fist with your injured hand, but tuck your thumb inside your palm. Move your wrist down.

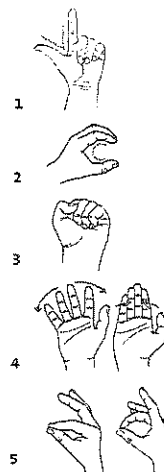


Hold for 5 seconds. Repeat 10 times, \_\_\_\_\_ times per day.

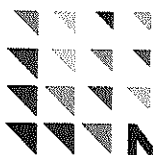
### Hand glides

Holding your injured hand out in front of you:

1. Make a V with your index finger and thumb.
2. Bend your knuckles to make a C with your hand.
3. Gently make a fist.
4. Splay your fingers out and back in.
5. Touch each finger to your thumb.



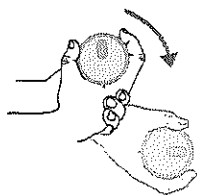
Hold for 2 seconds. Repeat 10 times, \_\_\_\_\_ times per day.



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### Eccentric wrist flexion

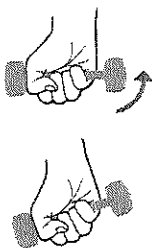
Sit or stand with your forearm supported. Holding a light weight, slowly support the back of your wrist with the opposite hand and bend your palm up toward you and slowly lower to start position without support from the other hand.



Use an empty or full can, resistance band, or a light dumbbell. Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Wrist ulnar deviation

Sit or stand with a light hammer or dumbbell and your arm straight at your side. Slowly bend the pinky side of your wrist up behind you. Hold for 2 seconds and slowly lower back to starting position.



Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Weighted pronation

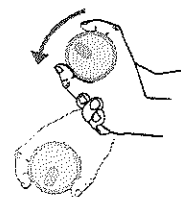
Sit with your forearm supported on a table, your hand over the edge, and your palm facing up toward the ceiling. Holding a hammer or light dumbbell, start in a thumb-up position and turn your palm down.



Hold for 2 seconds. Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Eccentric wrist extension

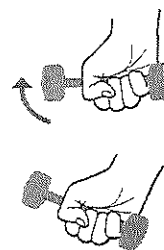
Sit with your forearm supported or stand. Using a light weight, slowly support your palm with the opposite hand and bend the back of your wrist up toward you, then slowly lower to start position without support from the other hand.



Use an empty or full can, resistance band, or a light dumbbell. Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Wrist radial deviation

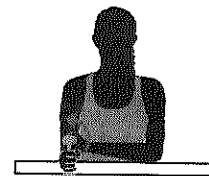
Stand or sit with a light hammer or dumbbell and your arm straight at your side. Slowly raise the thumb side of your wrist up in front of you. Hold for 2 seconds and slowly lower back to starting position.



Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Weighted supination

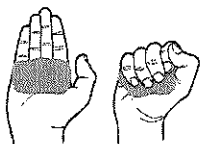
Sit with your forearm supported on a table, your hand over the edge, and your palm facing up toward the ceiling. Holding a hammer or light dumbbell, start in a thumb-up position and turn your palm up.



Hold for 2 seconds. Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Grip squeeze

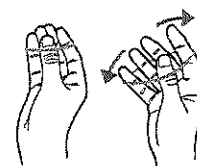
Hold a wad of putty, modeling clay or a stress ball. Squeeze as hard as you can.



Hold squeeze for 5 seconds. Repeat 10 times, \_\_\_\_\_ times per day.

### Finger spring

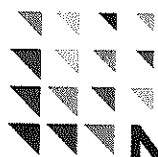
Place a large rubber band around the outside of your thumb and fingers. Open your fingers to stretch the rubber band.



Repeat 10 times for 3 sets, \_\_\_\_\_ times per day.

### Questions?

Call (833) 9-SPORTS (977-6787) or visit [Northwell.edu/sportsmedicine](http://Northwell.edu/sportsmedicine).



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