

\*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

\*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

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### Finger Flexion Segmented Curl AROM (Time Based)

Make your hand in a motion like saying stop. Keep your wrist in this position and slowly curl the fingers down bending from the tips to each knuckle one after another until you make a fist. Relax, repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

2



### Finger Extension AROM One Finger from Flat (Time Based)

Lay your hand on a table, palm and fingers down. Lift the affected finger straight and up off the table, keeping your palm and the rest of your fingers on the table. Return and repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

3



### Finger Splay AROM (Time Based)

Begin with your hand in a relaxed position. Spread out your fingers and thumb as big as possible, moving only into any area of mild discomfort. Hold for 5 seconds. Relax and repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

4



#### Wrist Extensors Stretch (Time Based)

**THIS IS A STRETCH with hold TIME:** Straighten your arm fully in front of you with palm up. Gently use your good hand to apply pressure in a down direction to your fingers and hand. **HOLD.**

Repeats: 2 sets of 5 reps

Hold: Please hold for the allotted time 5 for each rep performed before returning to neutral.

Perform: 3x a day

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#### Wrist Flexor Stretch (Time Based)

**THIS IS A STRETCH with hold TIME:** Gently use your unaffected hand to apply pressure in an upward direction to the palm of your affected wrist.

Repeats: 2 sets of 5 reps

Hold: Please hold for the allotted time 5 for each rep performed before returning to neutral.

Perform: 2x a day

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### Wrist Flexion with Band (Time Based)

With your forearm comfortably supported on a table, your elbow bent or straight, let your hand and wrist hang over the edge of the table palm down. Hold the band in your opposite hand and grab the other end of the band with your affected arm. Gently bend your hand down towards the floor keeping your arm on the table. Slowly return to the starting position. Repeat.

Repeats: 2 sets of 5 reps  
Perform: 2x a day  
Resistance: Yellow theraband



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### Wrist Extension with Band (Time Based)

With your forearm comfortably on a table, your elbow bent or straight, let your hand and wrist hang off the edge of the table palm down. Anchor the band to the floor by stepping on it and grab the other end of the band with your affected arm. Gently lift your hand up to the ceiling keeping your arm on the table. Slowly return to the starting position. Repeat.

Repeats: 2 sets of 5 reps  
Perform: 2x a day  
Resistance: Yellow theraband



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### Wrist Radial Deviation with Band (Time Based)

Sit with your affected arm supported on a table, palm up. Affix the end of a band out to your unaffected side and grab the other end of the band with your affected arm. Move your affected wrist away from your midline while keeping your elbow still. Slowly return to the starting position. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband

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### Wrist Ulnar Deviation with Band (Time Based)

Sit with your affected arm supported on a table, palm up. Affix the end of a band out to your affected side and grab the other end of the band with your affected arm. Move your affected wrist towards your midline while keeping your elbow still. Slowly return to the starting position. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband

Please contact your provider with questions regarding your specific home exercise program.