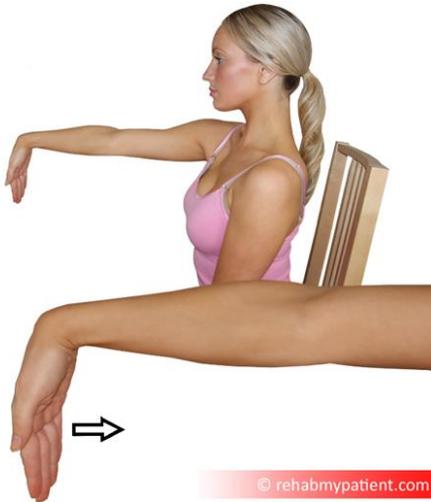


**Exercise plan:**  
**Wrist Sprain**

**Patient:**  
**Mrs Julie Dass**

**Date:**  
**03rd Apr 2017**



### Wrist flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Video: <http://youtu.be/ZwWbkgXE31k>



### Wrist flexion isometric

Resist bending your wrist. Your wrist should not move. This is a strengthening exercise for the wrist and elbow.

Video: <http://youtu.be/82QVCyyl-F8>



### Wrist flexion stretch

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

Video: <http://youtu.be/gMI9dFSOehs>

## Wrist flexion dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow.

Video: <http://youtu.be/A5wNJb2ZfOg>



## Wrist flexion with deviation stretch

Hold your arm out in front of you. Rotate your arm inwards so that your palm faces away from you. Bend your wrist backwards and hold. This exercise will stretch the forearm muscles.

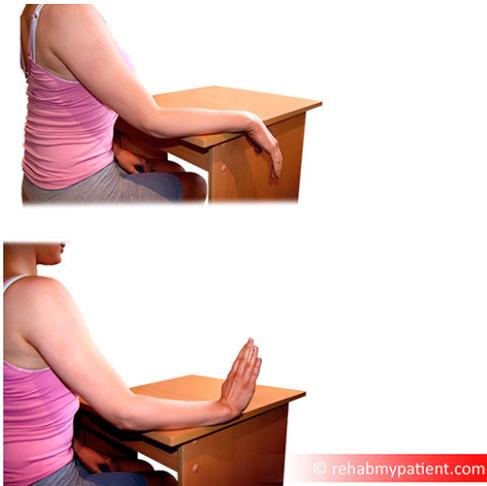
Video: [http://youtu.be/sRt\\_sgFDzeQ](http://youtu.be/sRt_sgFDzeQ)



## Wrist flexion and extension

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of the wrist.

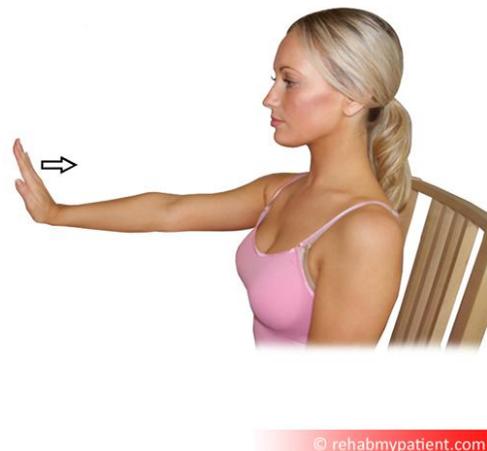
Video: <http://youtu.be/yJjobK3TAvg>



## Wrist extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Video: <http://youtu.be/mdrFgA30AwE>





### Wrist extension isometric

Resist extending your wrist. You can do this by placing your hand in front of you, horizontally. Place your other hand on top of your wrist and resist the movement of your hand upwards. Your wrist should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Video: <http://youtu.be/eN11ojJIVZE>



### Wrist extension stretch

Hold your arm and hand in front of you, with your fingers pointing upwards. Pull your hand backwards, to create a stretch on the underside of your wrist and forearm, and hold. This exercise will help stretch your forearm muscles, improving the mobility of your wrist.

Video: <http://youtu.be/cOYA0cTIwzM>



### Wrist extension dumbbell

Rest your arm on a table with your palm facing down. Hold a dumbbell and extend your wrist. This is a strengthening exercise for the wrist, forearm, and elbow.

Video: [http://youtu.be/y1SmRfd\\_1Po](http://youtu.be/y1SmRfd_1Po)

## Eccentric Wrist Flexion

Rest your arm on a table with your palm facing up, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull the hand back down. This is a strengthening exercise for the wrist, elbow and forearm and can be useful for golfer's elbow.

Video: <http://youtu.be/BLkFu48ejLo>



## Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow.

Video: [http://youtu.be/D5QaYLd\\_JA0](http://youtu.be/D5QaYLd_JA0)



## Ulnar and radial deviation

Hold your arm in front of you, with your thumb facing up. Deviate your hand to one side, and then the other. This exercise will help improve the mobility of your wrist.

Video: <http://youtu.be/PQ33Dz5eoDE>



## Radial deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your thumb, to create a stretch on the outside of the wrist.

Video: <https://youtu.be/Ar2PdKk-nTg>



## Ulnar deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your little finger, to create a stretch on the inside of your wrist and forearm.

Video: <http://youtu.be/8IWdPDfTBB0>



## Radial and ulnar deviation dumbbell

Hold a dumbbell with your arm outstretched in front of you, and deviate your wrist to one side and then to the other side. This is a strengthening exercise for the wrist, forearm and elbow.

Video: <http://youtu.be/saJbuK47z-4>



## Wrist extension stretch table two hands

Place your palms flat on a table with your fingers pointing towards you. Straighten your arms while you keep your palms flat on the table to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Video: [http://youtu.be/EWYQQ2pPh\\_Y](http://youtu.be/EWYQQ2pPh_Y)





## Wrist extension stretch wall two hands

Place your palms flat on a wall in front of you, with your fingers pointing down towards the floor. Straighten your arm while you keep your palm flat on the wall to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Video: <http://youtu.be/Rvid7tCnHhM>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stabletherapycentre@gmail.com](mailto:stabletherapycentre@gmail.com). Good luck and keep with it!