

**Exercise plan:**  
**Wrist Strengthening**

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

**Date:**  
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### 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 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)



### 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 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>



## Radial deviation isometric

Rest your hand on a table with your thumb facing up. Resist moving your hand in the direction of your thumb. The hand should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Video: <http://youtu.be/rSzba5Cq6SM>



## Ulnar deviation isometric

Hold your arm in front of you, with your thumb facing up. Resist moving your hand in the direction of your little finger. The hand should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Video: <http://youtu.be/o935duzqwp0>



## 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>

