

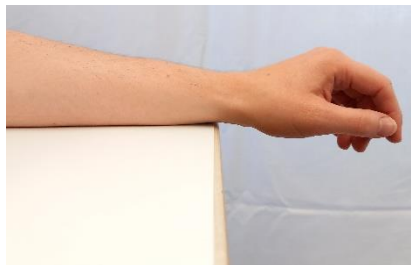
Wrist exercises

Do exercises while sitting at the table. Do the exercises calmly _____ times a day _____ reps per exercise.

Exercises are done to improve the functionality of the hand. Exercising helps maintain blood circulation in the fingers and mobility of tendons and joints. Exercises also reduce swelling and stretch possible scar adhesions.

1. Wrist extension

Place your fingers over the edge of the table. Extend wrist keeping the fingers relaxed.



2. Wrist flexion

Place your hand over the edge of the table. Bend your wrist downwards and upwards keeping the fingers relaxed.



3. Forearm rotation

Place your elbow in flexion to the side. Rotate your forearm alternately towards the floor and the ceiling.



4. Deviations

Place your palm relaxed on the table. Bend your wrist alternately in the direction of the thumb and little finger.



When necessary, contact your occupational therapist.