



Wrist Strengthening with Resistance

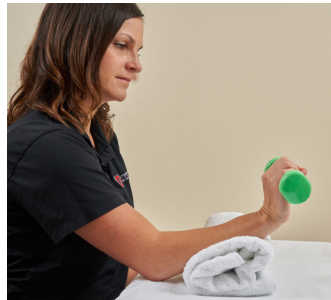
These exercises will help improve the strength of your wrist and forearm.

Do only the exercises checked by your therapist.

Repeat each exercise _____ times, _____ times a day. Hold each exercise 3 to 5 seconds.

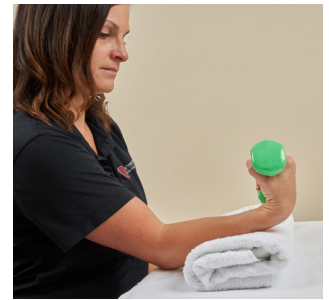
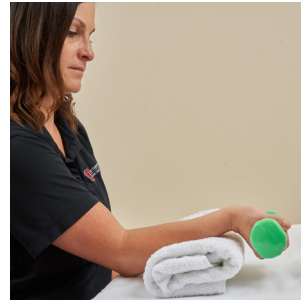
Wrist Extension

- With your wrist over the edge of the table, lift _____ pounds upward bending at the wrist, keeping your arm on the table. Lower the weight slowly. Hold, then relax and repeat.



Wrist Flexion

- Palm up, holding _____ pounds, bend at the wrist toward yourself. Hold, then relax and repeat.



Ulnar Deviation

- Holding _____ pounds, bend at the wrist sideways toward your little finger.
- Hold, then relax and repeat.



Radial Deviation

- Holding _____ pounds in your hand, bend at the wrist sideways toward your thumb.
- Hold, then relax and repeat.



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