

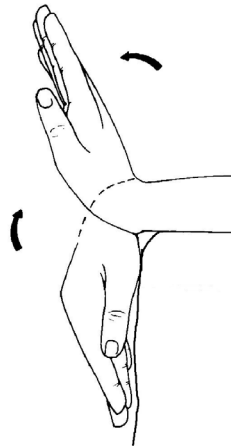
# Active Range of Motion Exercises: Wrists



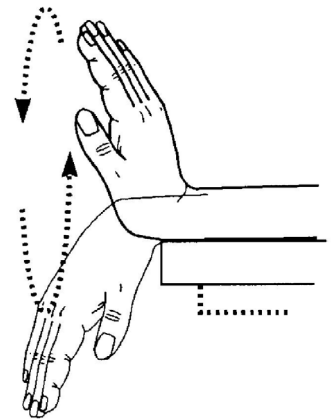
THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Repeat these exercises \_\_\_\_\_ times for \_\_\_\_\_ times a day.

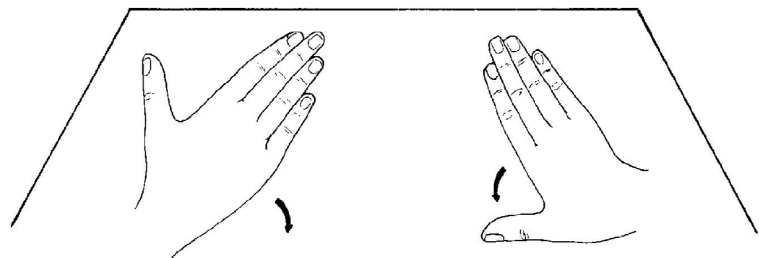
- Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.



- Rest your arm on a table top and hang your wrist over the edge of the table. Move your wrist in circles to the right and to the left.



- Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.



**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.