Passive Wrist Exercises

Do these exercises _____ times each day.
Hold each position for _____ seconds and then relax.
Repeat each exercise _____ times.

Extension
1. Hold one hand with the other, palms together.
2. Push your hand back using your other hand, bending the wrist back as far as you can.

Flexion
Using your other hand, bend your wrist down gently, as far as you can (as shown).

Elbow in (radial deviation)
1. Put your palm and wrist on the table, with your elbow out to the side.
2. Put your other hand on top to keep your hand steady.
3. Bring your elbow in, bending the wrist.
Elbow in (ulnar deviation)
1. Put your palm and wrist on the table, elbow at your side.
2. Put your other hand on top to keep your hand steady.
3. Move your elbow out, bending the wrist.

Ball rolling (flexion and extension)
1. Put your palm on a ball on the table.
2. Roll the ball forward, keeping your hand on the ball and bending your wrist.
3. Roll the ball back, keeping your hand on the ball and bending your wrist.