Passive Wrist Exercises

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

Extension
1. Lift your hand at the wrist with your other hand.
2. Push your hand back, bending the wrist back as far as you can.

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

Radial deviation
1. Put your palm and wrist on the table.
2. Put your other hand on top to keep your hand steady.
3. Bring your elbow in, bending the wrist.
**Ulnar deviation**

1. Put your palm and wrist on the table.
2. Put your other hand on top to keep your hand steady.
3. Bring 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.