



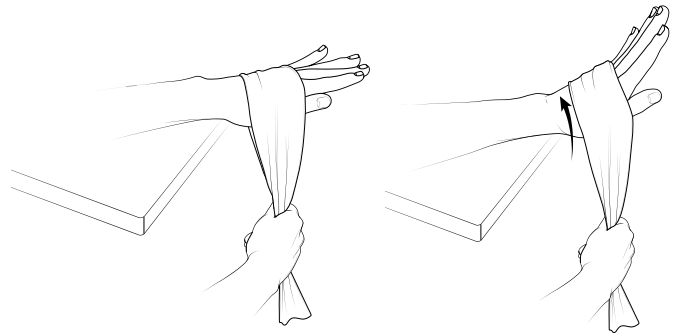
Theraband Wrist Exercises

These exercises will strengthen the muscles of your fingers, hand and lower arm. You will use an exercise band, also called a Theraband, for these exercises.

Repeat these exercises _____ times for _____ times a day.

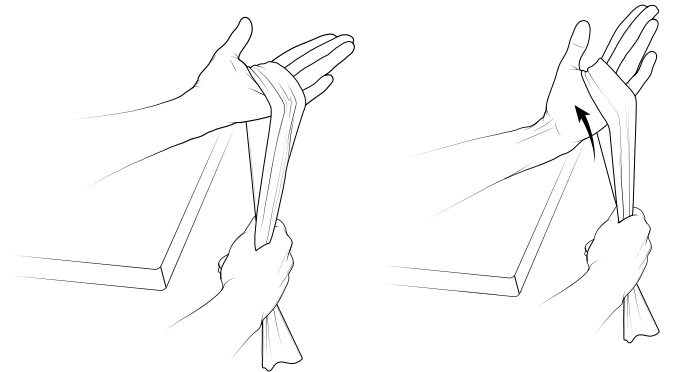
Extension

- Rest your arm on a table with your hand over the edge, palm facing down.
- Loop the band over the back of your hand and hold the ends of the band steady in your other hand.
- Bending only your wrist, pull up on the band.
- Hold and then relax and repeat.



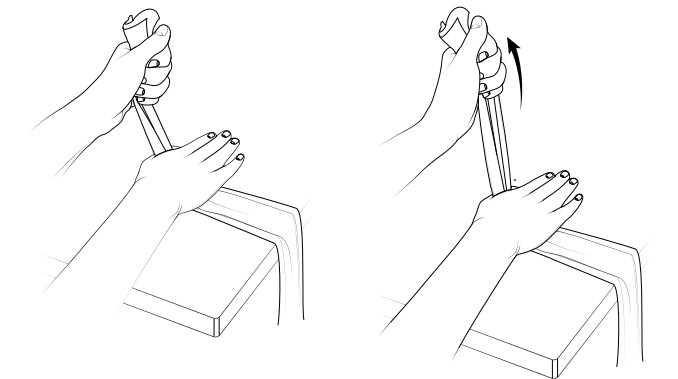
Flexion

- Rest your arm on a table with your hand over the edge, palm facing up.
- Loop the band over the palm of your hand. Keep the ends of the band steady in your other hand.
- Bend your wrist only, pulling up on the band.
- Hold and then relax and repeat.



Wrist flex toward thumb (radial deviation)

- Hold the band in your hand with your thumb up.
- Anchor the other end of the band with your other hand on the table.
- With wrist motion only, pull up on the band.
- Hold and then relax and repeat.



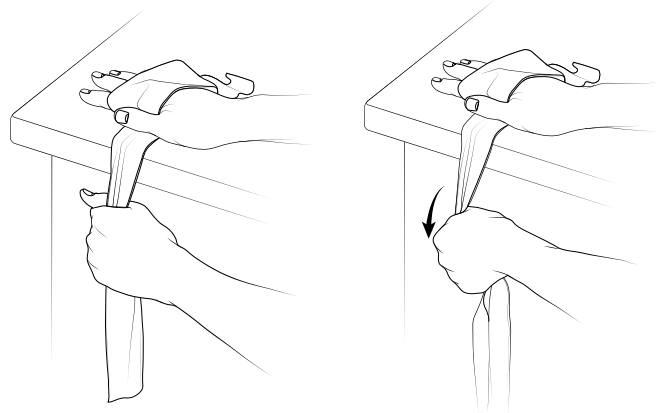
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Wrist flex toward little finger (ulnar deviation)

- Hold the band in your hand, thumb up. Anchor the other end of the band with your other hand on the table.
- Pull down on the band with a twist motion of your wrist.
- Hold and then relax and repeat.



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

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.