

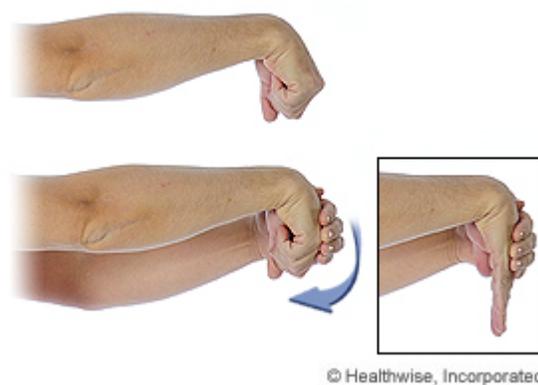
Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

Your doctor or physiotherapist will inform you when you can start these exercises and which ones will work best for you.

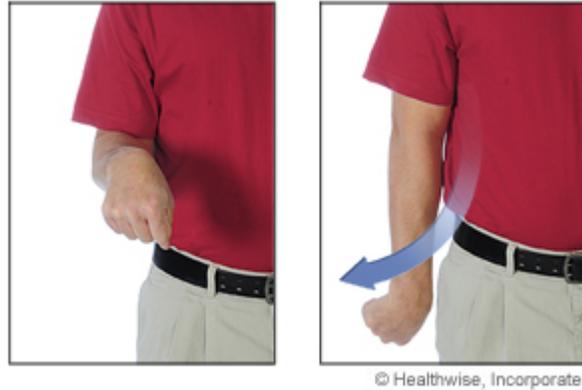
How to do the exercises

Wrist extensor stretch



1. Extend your affected arm in front of you and make a fist with your palm facing down.
2. Bend your wrist so that your fist points toward the floor.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5 with your fingers pointing toward the floor.

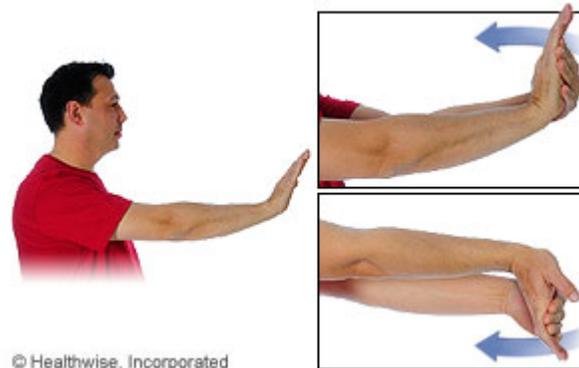
Forearm extensor stretch



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1. Place your affected elbow down at your side, bent at about 90 degrees. Then make a fist with your palm facing down.
2. Keeping your wrist bent, slowly straighten your elbow so your arm is down at your side. Then twist your fist out so your palm is facing out to the side and you feel a stretch.
3. Hold for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

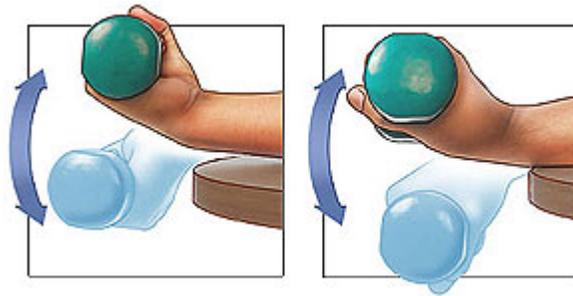
Wrist flexor stretch



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1. Extend your affected arm in front of you with your palm facing away from your body.
2. Bend back your wrist, pointing your hand up toward the ceiling.
3. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
4. Hold for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but this time extend your affected arm in front of you with your palm facing up. Then bend back your wrist, pointing your hand toward the floor.

Wrist curls



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1. Place your forearm on a table with your hand hanging over the edge of the table, palm up.
2. Place a 0.5 to 1 kilogram weight in your hand. This may be a dumbbell, a can of food or a filled water bottle.
3. Slowly raise and lower the weight while keeping your forearm on the table and your palm facing up.
4. Repeat this motion 8 to 12 times.
5. Switch arms and do steps 1 through 4.
6. Repeat with your hand facing down toward the floor. Switch arms.

Resisted wrist extension



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1. Sit leaning forward with your legs slightly spread. Then place your affected forearm on your thigh with your hand and wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.

Resisted wrist flexion



1. Sit leaning forward with your legs slightly spread. Place your affected forearm on your thigh with your hand and wrist in front of your knee.
2. Grasp one end of an exercise band with your palm up, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.

Neck stretch to the side



1. This stretch works best if you keep your shoulder down as you lean away from it. To help you remember to do this, start by relaxing your shoulders and lightly holding on to your thighs or your chair.
2. Tilt your head away from your affected elbow and toward your opposite shoulder. For example, if your right elbow is sore, keep your right shoulder down as you lean your head toward your left shoulder.
3. Hold for 15 to 30 seconds. Let the weight of your head stretch your muscles.
4. If you would like a little added stretch, use your hand to gently and steadily pull your head toward your shoulder. For example, if your right elbow is sore, use your left hand to gently pull your head toward your left shoulder.

5. Repeat 2 to 4 times.

Resisted forearm pronation



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1. Sit leaning forward with your legs slightly spread. Place your affected forearm on your thigh with your hand and wrist in front of your knee.
2. Grasp one end of an exercise band with your palm up, and step on the other end.
3. Keeping your wrist straight, roll your palm inward toward your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Resisted supination



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1. Sit leaning forward with your legs slightly spread. Place your affected forearm on your thigh with your hand and wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Keeping your wrist straight, roll your palm outward and away from your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

For 24/7 nurse advice and general health information, call Health Link at 811.

Where can you learn more?

Go to <https://www.healthwise.net/patientEd>

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