

## Wrist Tendinitis: Exercises

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### 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 tell you when you can start these exercises and which ones will work best for you.

### How to do the exercises

#### Wrist flexion and extension



1. Place your forearm on a table with your hand and affected wrist extended beyond the table, palm down.
2. Bend your wrist to move your hand upward and allow your hand to close into a fist, then lower your hand and allow your fingers to relax. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.

#### Hand flips



1. While seated, place your forearm and affected wrist on your thigh, palm down.
2. Flip your hand over so the back of your hand rests on your thigh and your palm is up. Alternate between palm up and palm down while keeping your forearm on your thigh.
3. Repeat 8 to 12 times.

### Wrist radial and ulnar deviation



1. Hold your affected hand out in front of you, palm down.
2. Slowly bend your wrist as far as you can from side to side. Hold each position for about 6 seconds.
3. Repeat 8 to 12 times.

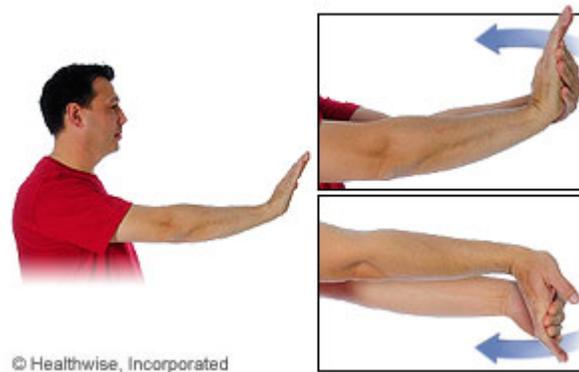
### Wrist extensor stretch



1. Extend the arm with the affected wrist in front of you and point your fingers toward the floor.
2. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
3. Hold the stretch for at least 15 to 30 seconds.

- Repeat 2 to 4 times.
- When you can do this stretch with ease and no pain, repeat steps 1 through 4, but this time extend your affected arm in front of you and make a fist with your palm facing down. Then bend your wrist, pointing your fist toward the floor.

### Wrist flexor stretch



- Extend the arm with the affected wrist in front of you with your palm facing away from your body.
- Bend back your wrist, pointing your hand up toward the ceiling.
- With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm.
- Hold the stretch for at least 15 to 30 seconds.
- Repeat 2 to 4 times.
- 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.

**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.

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