Forearm/Wrist Isometric – Home Exercise Program

1. **Isometric Wrist Extension**
Make a fist with involved hand with palm down.
Move wrist in a slight upward direction and resist with opposite hand.
Hold for _____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

2. **Wrist Flexion**
Make a fist with involved hand with palm up.
Move wrist in a slight upward direction and resist with opposite hand.
Hold for _____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

3. **Radial Deviation**
Make a fist with involved hand with thumb upward and facing ceiling.
Move wrist in a slight upward direction and resist with opposite hand.
Hold for _____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

4. **Finger Extension**
Make a fist with involved hand, palm down.
Move fingers from bent into straightened position, resisting with opposite hand.
Hold for _____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

Continued
5. Pronation
Make a fist with involved hand with thumb upward.
Rotate forearm slight toward a palm down position.
Resist with opposite hand.
Hold for _____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

6. Supination
Make a fist with involved hand with thumb upward.
Rotate forearm slightly toward a palm up position.
Resist with opposite hand.
Hold ____ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

7. Wrist Extension Stretch
Have elbow straight.
Grasp palmar surface of hand and bend wrist back toward face for a mild stretch.
Hold for 20-30 seconds and relax.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

8. Wrist Flexion Stretch
Have elbow straight.
Grasp hand and bend up until a mild stretch is felt.
Hold for 20-30 seconds and relax.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day

9. Gripping
Place a tennis or racquetball in palm of hand.
Squeeze and hold for ______ seconds.
Begin ___ sets ___ reps ___ times/day
Progress to ___ sets ___ reps ___ times/day