

Forearm/Wrist Isometric – Home Exercise Program

1. Isometric Wrist Extension

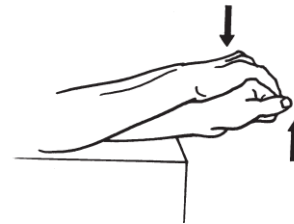
Make a fist with involved hand with palm down.

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

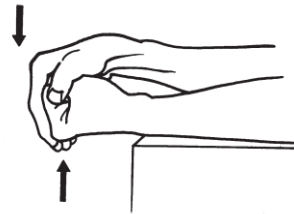
Make a fist with involved hand with palm up.

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

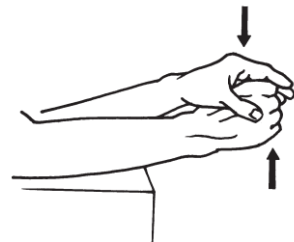
Make a fist with involved hand with thumb upward and facing ceiling.

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

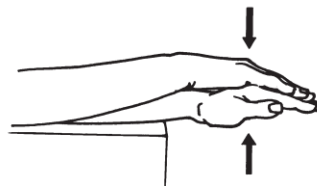
Make a fist with involved hand, palm down.

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

