



## Forearm/Wrist Isometric – Home Exercise Program

### 1. Isometric Wrist Extension

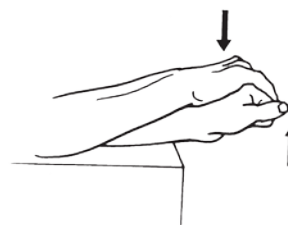
Make a fist with involved hand with palm down.

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

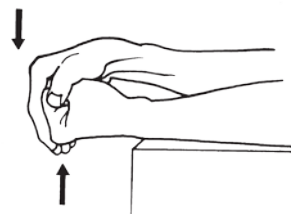
Make a fist with involved hand with palm up.

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

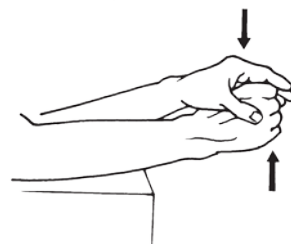
Make a fist with involved hand with thumb upward and facing ceiling.

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

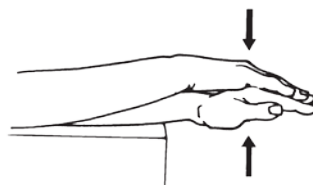
Make a fist with involved hand, palm down.

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



### 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



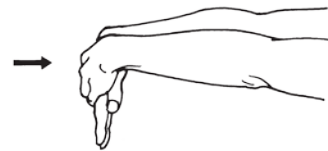
### 6. Supination

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

