
Wrist Fracture Exercises

Range of Motion and Stretching Exercises

These are some of the **initial** exercises to start your rehabilitation program until you see Dr. Weber, your physical therapist or athletic trainer or until your symptoms are resolved. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities
- Each stretch should be held for 20 to 30 seconds
- A **gentle** stretching sensation should be felt



Range of Motion – Wrist Extension

1. Hold your _____ wrist shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position for two to three seconds.
4. Repeat exercises 10 to 20 times, six times per day.
5. This exercise should be done with:

- elbow bent to 90 degrees
- elbow straight

(Dr. Weber, your physical therapist or athletic trainer will select one.)

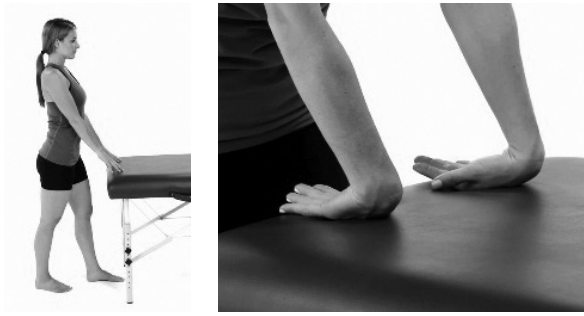


Range of Motion – Wrist Flexion

1. Hold your _____ wrist as shown with fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for five seconds. Repeat exercise 10 to 20 times, six times per day.
4. This exercise should be done with:

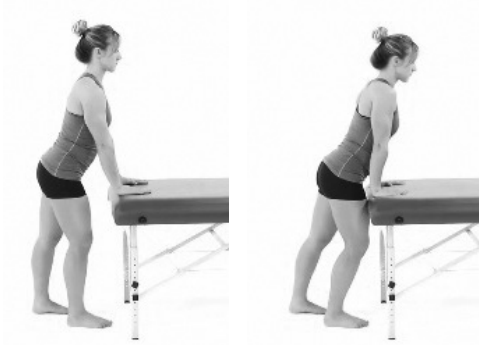
- elbow bent to 90 degrees
- elbow straight

(Dr. Weber, your physical therapist or athletic trainer will select one.)



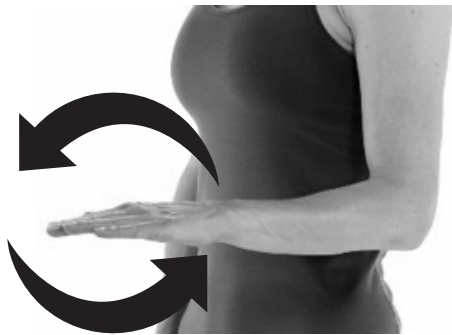
Range of Motion – Wrist Extension

1. Place the palm of your _____ hand faced flat on the top of a table as shown. Your fingers should be pointing backward.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for five seconds.
4. Repeat exercise 10 to 20 times, six times per day.



Range of Motion – Wrist Flexion

1. Place the back of your _____ hand flat on top of a table as shown. Your shoulder should be turned in and your fingers facing away from your body.
2. Press down bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for five seconds.
4. Repeat exercises 10 to 20 times, six times per day.



Range of Motion – Pronation

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm down toward the floor as far as possible.
3. Hold this position for five seconds and then slowly return to the starting position.
4. Repeat exercises 10 to 20 times, six times per day.



Range of Motion – Supination

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm upward as far as possible.
3. Hold this position for five seconds and then slowly return to the starting position.
4. Repeat exercise 10 to 20 times, six times per day.