

Wrist Exercises

The specific exercises listed below depend on which phase of the recovery process the patient is in. Your surgeon will inform you which exercises to start and when.

Take each stretch as far as you can take it and then stretch beyond this (by 1-2 centimeters). (It is like touching your toes before the big Track Meet.) If you only take it to the point of discomfort and immediately stop, the ligaments have a chance to shorten and tighten and you will not make progress. Hold each stretch for approximately 10 seconds. The stretches (PROM) should be performed at least 5 minutes 5X/day or 1 minute every hour while awake. The strengthening routine is usually performed 3-4 times per week. You should not do any damage to the repair by performing these exercises as instructed. If you develop significant unrelenting pain, then stop what you are doing and consult with the surgeon.

Phase I: Passive Range of Motion (PROM):

- 1) Wrist Volar-flexion (done with the elbow straight/extended): Maintain your elbow extended then use the Nonoperative Hand to hold the Operative Hand and Volar-flex the wrist (Stretch the wrist downwards).
- 2) Wrist Dorsi-flexion (done with the elbow straight/extended): Maintain your elbow extended then use the Nonoperative Hand to hold the Operative Hand and Dorsi-flex the wrist (stretch the wrist straight upwards).



- 3) Prayer UP: As passive range of motion improves can add this to regain full total motion. (pictured left).

- 4) Prayer DOWN: As passive range of motion improves can add this to regain full total motion (pictured below).



Supination:

Maintain the operative upper arm and elbow next to your side. Then use the Nonoperative hand to hold the Operative side just above the wrist. Use Nonoperative hand to rotate the Operative forearm/wrist all the way Palm Up.



Pronation:

Maintain the operative upper arm and elbow next to your side. Then use the Nonoperative hand to hold the Operative side just above the wrist. Use Nonoperative hand to rotate the Operative forearm/wrist all the way Palm DOWN.

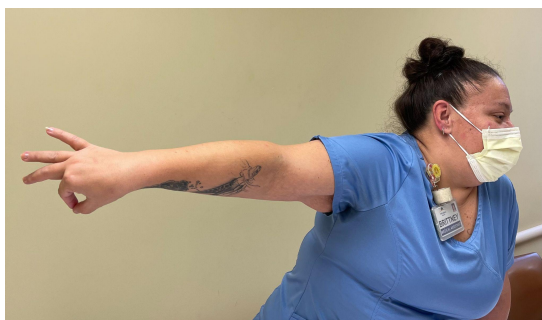


Tennis elbow type/Whole Upper arm stretch:

With your arm at shoulder level, reach behind, pinch index finger to thumb, flex wrist toward back wall and turn head to the opposite side. Then reverse out of this.

Start

Finish



Phase II: Active Range of Motion (AROM):

AROM means using the Operative Wrist independently by its own power to Actively perform the below exercises. But Still continue with the PROM stretching as well.

Wrist Dorsi-flexion

Wrist Volar-flexion

Wrist Pronation

Wrist Supination

Phase III: Strengthening:

Wrist Dorsi-flexion (rest your forearm on top of your thigh):

Start



Finish



Wrist Volar-flexion (rest your forearm on top of your thigh):

Start



Finish



Wrist Pronation: Use a one-sided dumbbell or hammer for this.

Wrist Supination: Use a one-sided dumbbell or hammer for this.

Grip Strengthening: Use a stress ball or play-doh to squeeze.