

Wrist Health: General Strength, Conditioning and Flexibility

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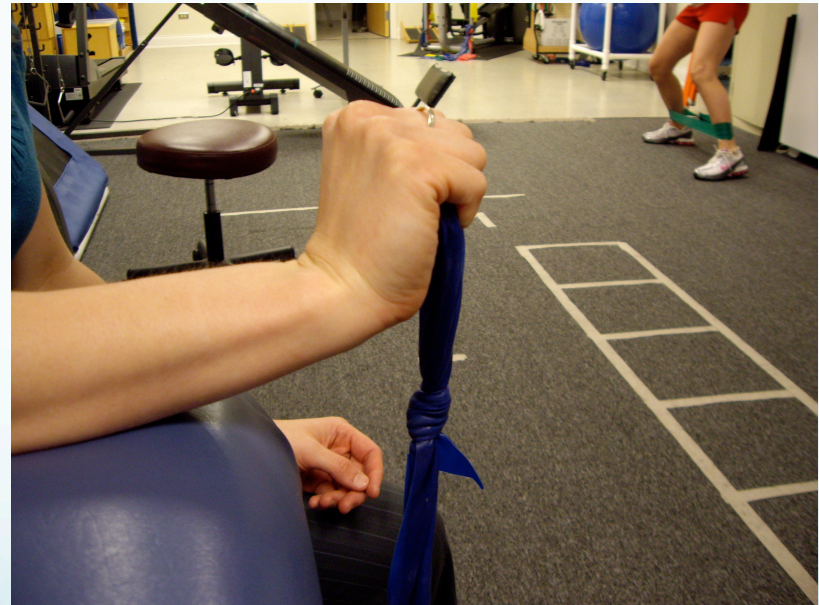
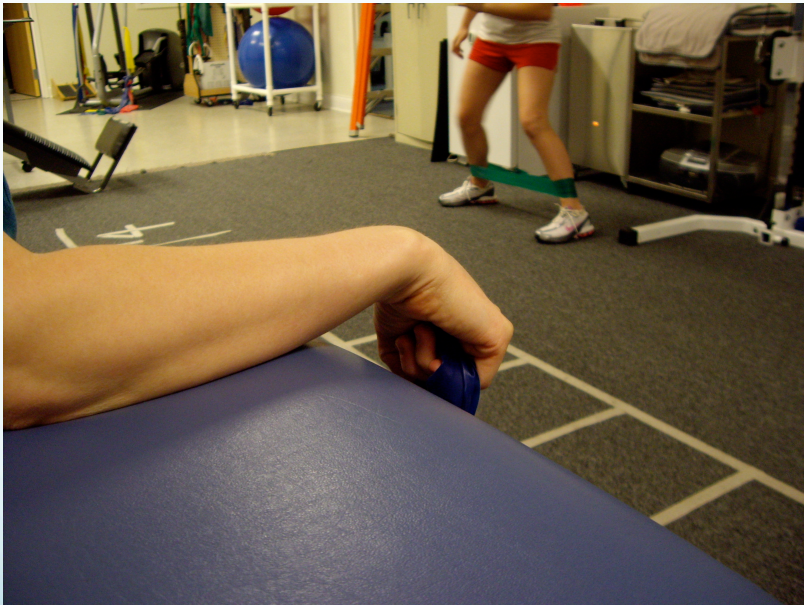
Outline

- Wrist Strength
 - Theraband
 - Flexion
 - Extension
 - Wrist Resistance- Weighted
 - Alternating Flex/Extension
 - Flexibility
 - Long Finger Flexors
 - Wrist Flexors
 - Wrist Extensors
 - Trigger Point Products
 - Rolling wrist extensors
 - Rolling Wrist Flexors
 - Webbing
 - Grip strength and finger strength
 - Strength Bar
 - Pronation and Supination

Theraband: Extension

Begin in flexed position
off the end of surface

End in extended position,
without moving forearm
from contact with surface



Theraband Radial Deviation

Begin off end of surface
in ulnar deviation

Keep side of arm flat and
move wrist up toward
ceiling/thumb side



Theraband Ulnar Deviation

Hold wrist in front of you
with extended elbow

Move wrist ulnarly, or
toward ceiling with pinky
side



Weighted Bar: Pronation/Supination

Position

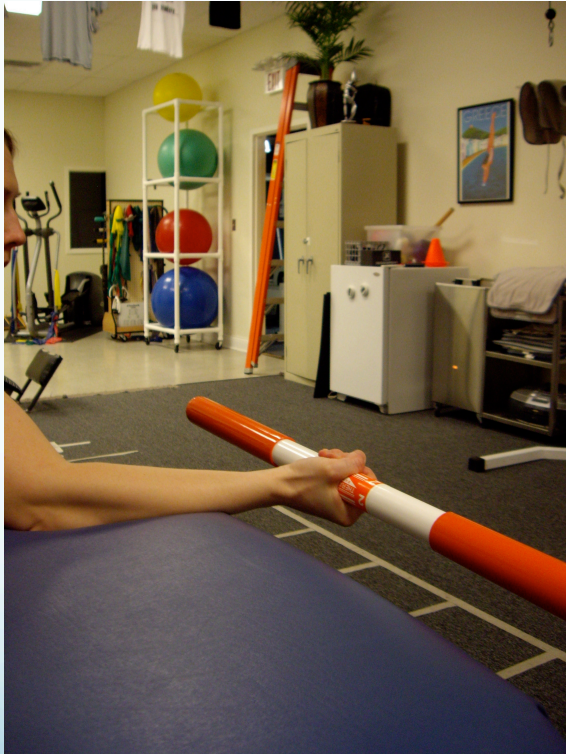


Instructions

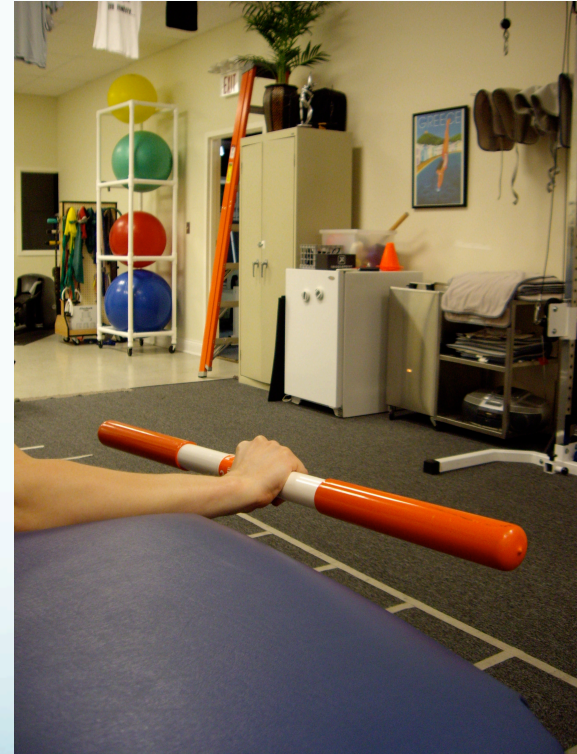
- Begin by holding bar that is weighted. You can also use a bar and wrap wrist weight on it
- The more toward the center, no matter the weight, the easier
- The farther from center, the more difficult

Bar Cont.

Supination end range



Pronation End Range

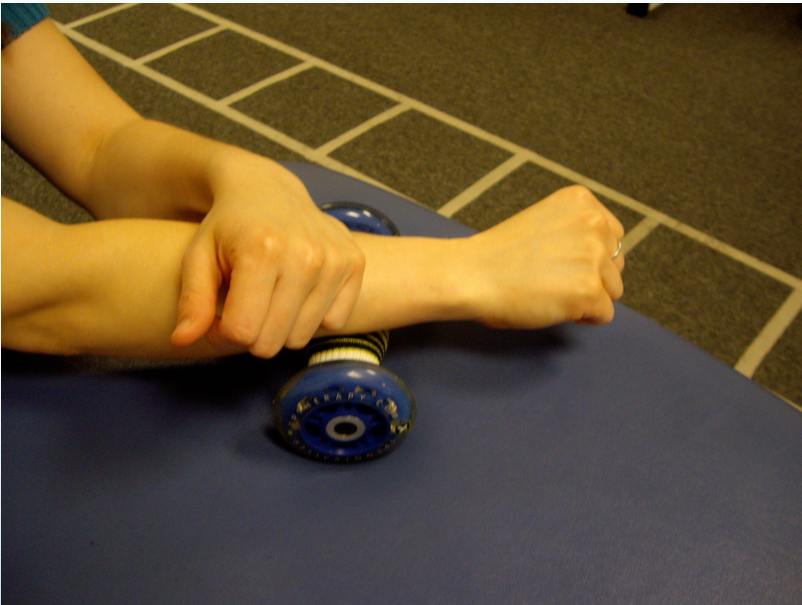


Trigger Point Massage Products: Small Roller

1) Place forearm on roller, push down with other hand

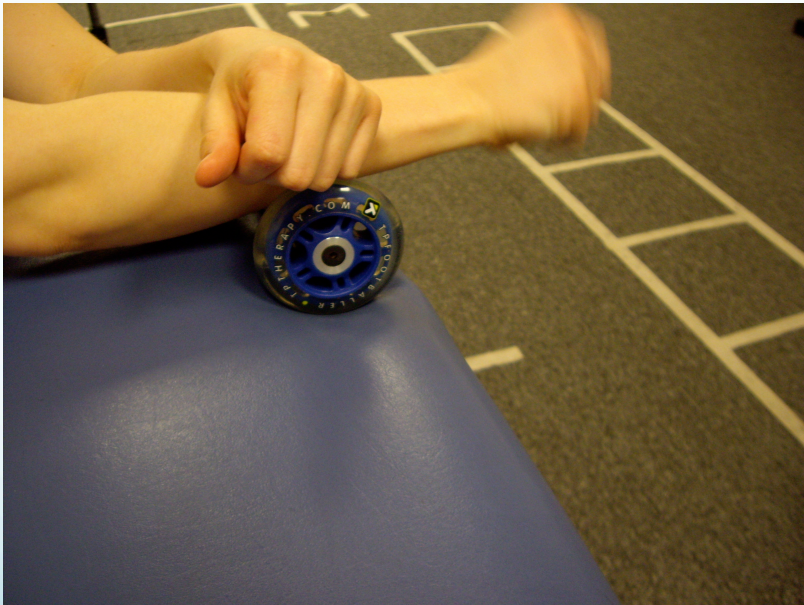
Instructions

- Roll forearm along roller from wrist to elbow, 10-25 times
- Vary the exercise with pressure as needed

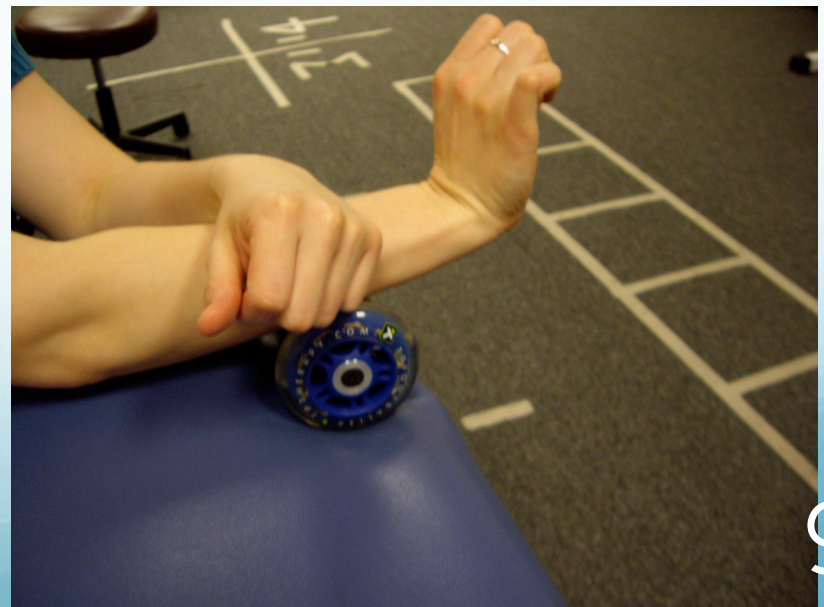


TP Cont.

2) Move wrist in circles, choosing 4-5 spots along forearm to release muscles



3) Move wrist up (extension) and down (flexion) to release and stretch at the same time, 4-5 different places



Webbing: Finger Strength and Dexterity

Grab web with fingers far apart



Webbing Cont.

Squeezing all fingers together: general grip strength



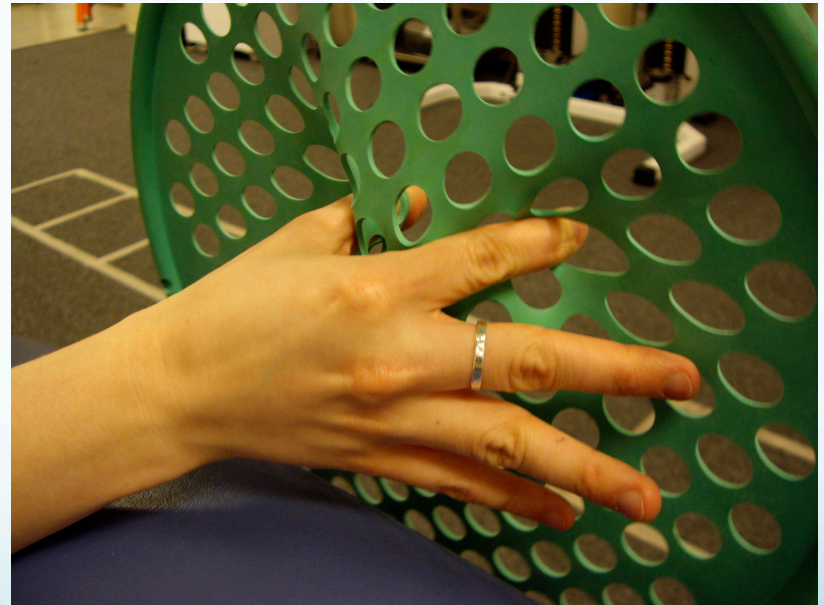
Grab close and pull apart: finger extensor strength



Webbing: Individual finger flexion

Grab far apart with thumb and one finger, repeat with each finger

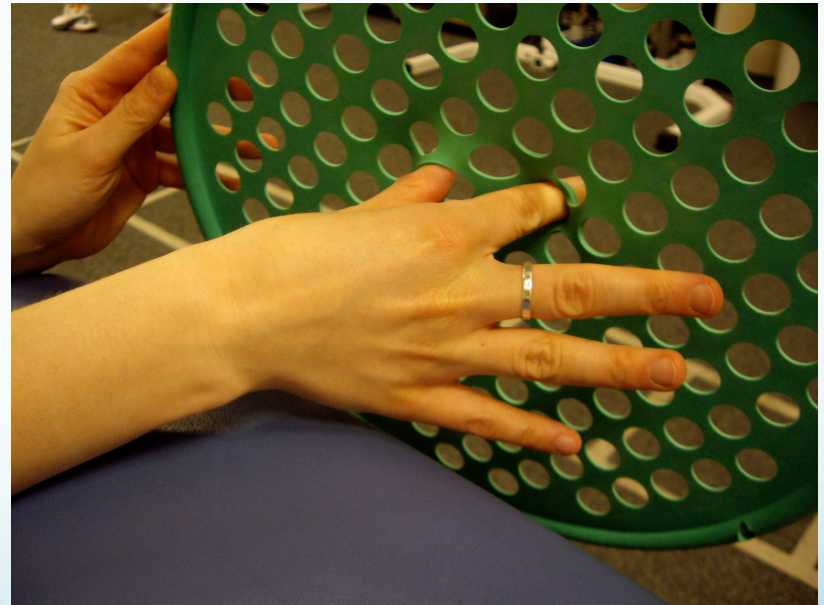
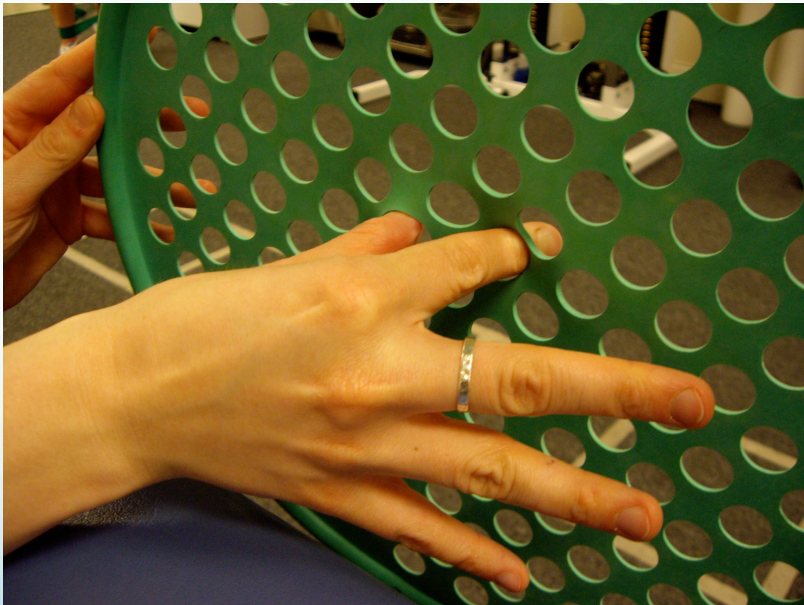
Pull close together, keeping fingers 1) straight, or 2) bent



Webbing: Individual finger extensors

Grab close

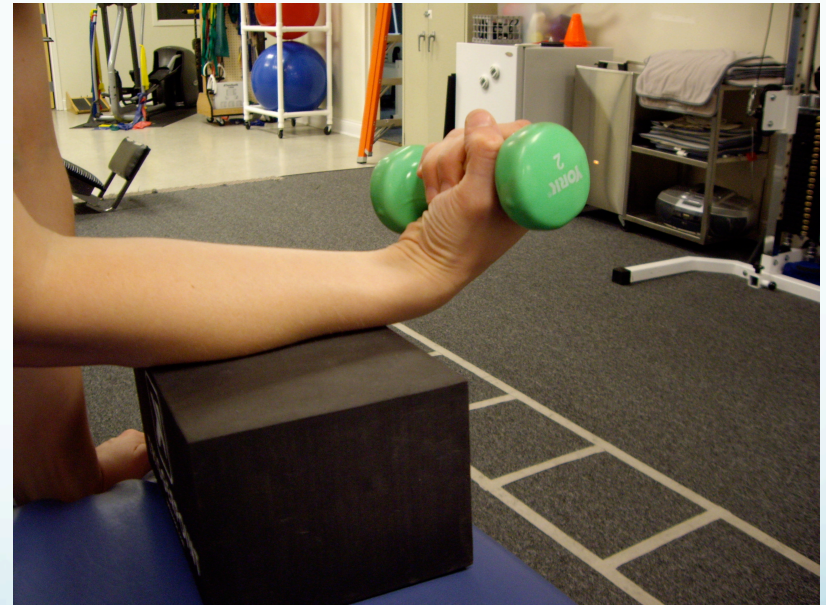
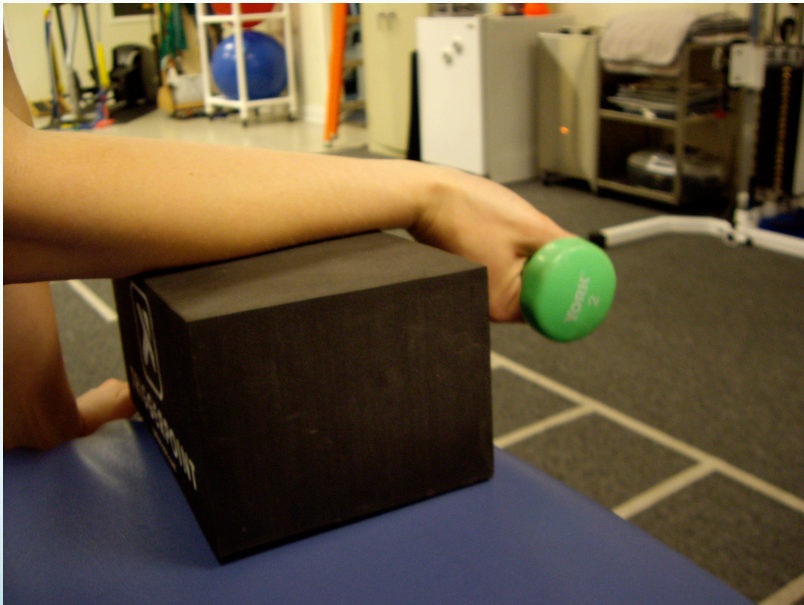
Pull apart, working
finger extensors



Weighted Strengthening: Wrist Flexion

Begin wrist extended

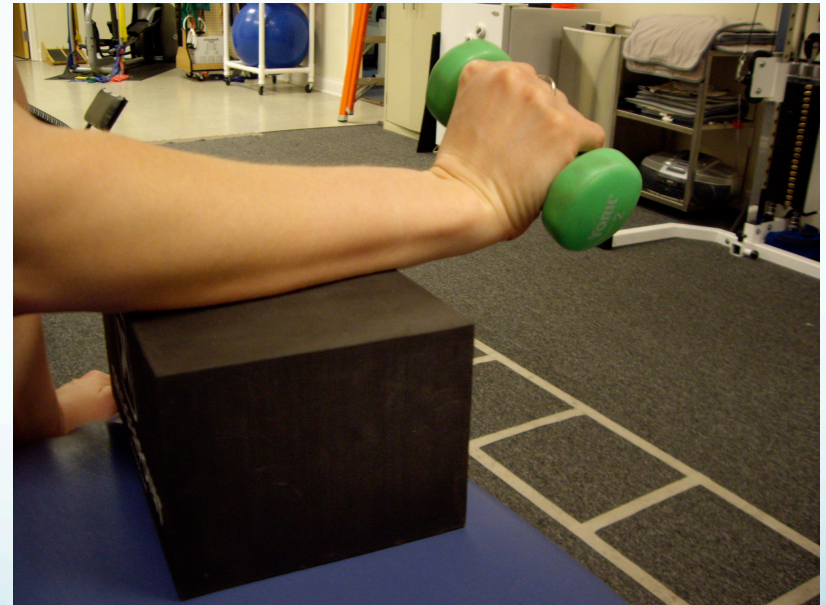
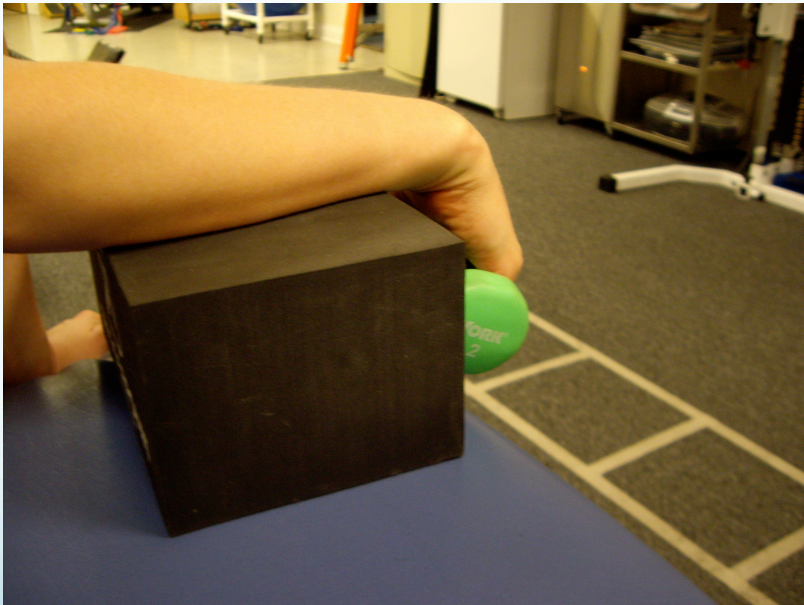
End: wrist flexed: do not
lose grip



Weighted: Wrist Extension

Begin: wrist flexed

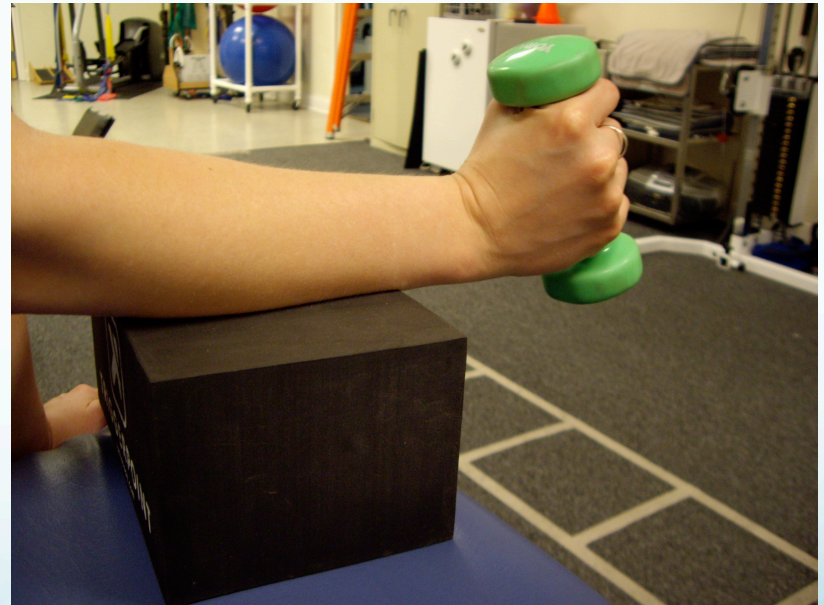
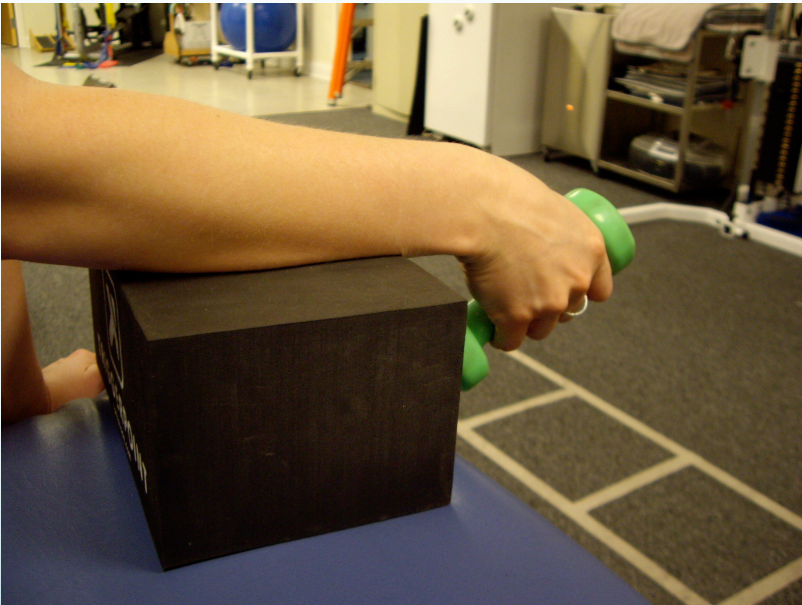
End: Wrist Extended: Do not lose grip



Weighted: Radial Deviation

Begin with pinky side
down (ulnar)

Lift thumb (radial) side
straight toward ceiling



Hanging Weight : Flex/Ext

Elbows Locked out in front of you, hold bar with both hands

Alternate extending one wrist at a time, and working you way down the string



Flexibility: Stretching the wrist flexors- Closed Chain

Elbow Straight



Elbow Bent



Flexibility: Stretching the wrist extensors: Open Chain



- Position the wrist in flexion, with palm down on surface
- Keep elbow relatively extended
- Keep palm flat, do not let

Wrist Rotator: Flexion/Extension Strength and Endurance



Wrist Rotator: Upright position with bent elbows

- Done to balance the wrist extension and flexion strength

