

# Wrist Flexor Stretches



## WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day



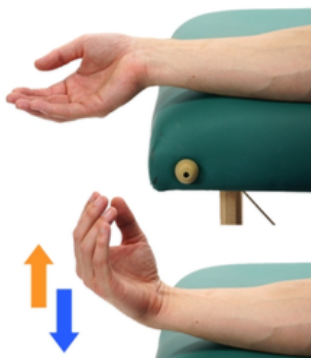
## PRAYER STRETCH

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.

Repeat 3 Times  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day

# Wrist Flexor Exercises



## WRIST FLEXION AROM

Rest your forearm on a table and bend your wrist up and down with your palm face up as shown

If this feels easy, progress to isometric wrist flexion.

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

### ISOMETRIC WRIST FLEXION

Bend your wrist forward and resist into your other hand. Hold 5 seconds. Repeat.



If this feels easy, progress to eccentric wrist flexion.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day

### ECCENTRIC WRIST FLEXION



Place your arm, palm side up, on a table with your hand over the edge holding a free weight.



Start by using your unaffected hand to lift up your affected hand and free weight. Hold this position with your affected hand as you release your unaffected hand.



Next, use only the affected hand that is gripping the free weight to lower the free weight as you bend at the wrist.

Return to starting position by lifting with your unaffected hand again and repeat.

If this feels easy, progress to concentric wrist flexion.

Repeat 10 Times  
Complete 2 Sets

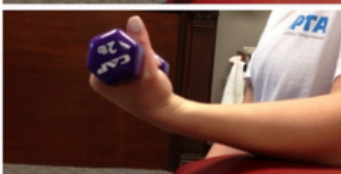
Hold 5 Seconds  
Perform 1 Times a Day

### CONCENTRIC WRIST FLEXION



With your forearm supported and palm facing the ceiling, hold a weight and slowly lift your wrist up towards the ceiling.

Bend at wrist to list weight up and down.



Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day