

Occupational Therapy Department

Wrist & Forearm Exercises



KAISER PERMANENTE

EXERCISES FOR WRIST & FOREARM

EXERCISE 1

Grip tube end between the first and second fingers with loop above elbow. Adjust length to be just tight. Slowly flex wrist down. Be sure the tube stays over the top of the wrist. Slowly return and repeat. (Do not move elbow.)

_____ Times each day

_____ Repetitions each time



1a



1b

EXERCISE 2

Begin as shown in diagram with forearm braced on the leg, the tube should be gripped in the palm facing upward. Slowly bend the wrist upward and return. Repeat.

_____ Times each day

_____ Repetitions each time



2a



2b

EXERCISE 3

Hook loop of the tube over arm above elbow. Grasp tube in palm of hand at position where tube is just tight. Slowly bend wrist upward as far as it will go. Slowly return and repeat. (Do not move elbow.)

_____ Times each day

_____ Repetitions each time



3a



3b

EXERCISE 4

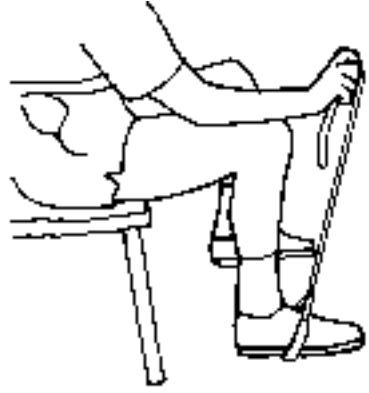
Begin with forearm braced on the leg, loop of tube around foot on the same side and tube grasped palm down. Slowly bend the wrist up. Return and repeat.

_____ Times each day

_____ Repetitions each time



4a



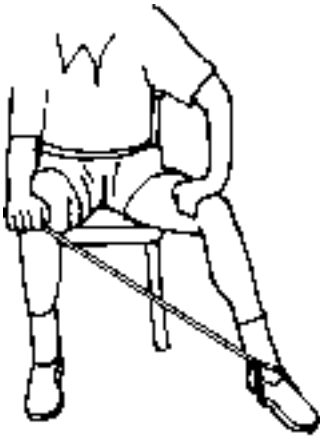
4b

EXERCISE 5

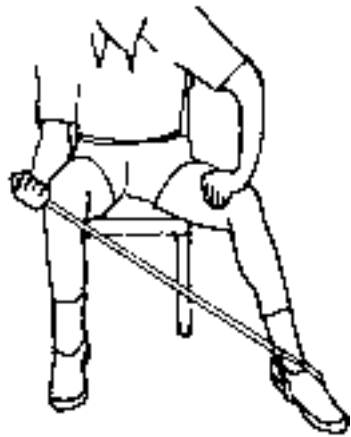
Grasp tube as shown with forearm braced on outside of thigh (same side). Fasten loop on foot (opposite side). Start with palm downward. Slowly rotate the hand and forearm outward. Slowly return and repeat. (Opposite foot should be placed out to the side.)

_____ Times each day

_____ Repetitions each time



5a



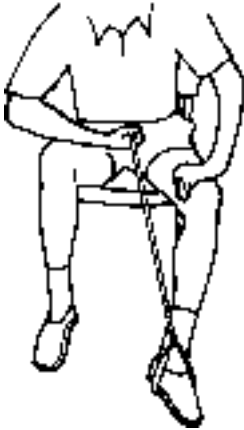
5b

EXERCISE 6

In this exercise, the tube must pass over the **back of the hand** (not the knuckles or fingers). Fasten loop to foot on opposite side, grip tube in hand with forearm braced on thigh (same side) as shown. Slowly rotate hand toward your body. Slowly return and repeat.

_____ Times each day

_____ Repetitions each time



6a



6b

