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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Wrist and Elbow Strengthening and Stretching Exercises

EXERCISES



Resisted Wrist Flexion

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing up and bend the wrist and hand upward as far as you can. Hold one count and lower slowly 3 counts. This exercise can also be done with a dumbbell.



Resisted Wrist Extension

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing down and bend the wrist and hand upward as far as you can. Hold one count and lower slowly 3 counts. This exercise can also be done with a dumbbell.



Resisted Forearm Supination and Pronation

Holding a dumbbell, with the forearm supported on your thigh, slowly turn the palm facing up and then slowly turn the palm facing down. Make sure to hold the elbow still and only move forearm.



Wrist Flexor Stretch

Hold the arm with the elbow straight and the palm facing up. Grasp the involved hand at the fingers and stretch the wrist backward, until a stretch is felt on the inside of the forearm.



Wrist Extensor Stretch

Hold the arm with the elbow straight and the palm facing downward. Push downward on the back of the involved hand until a stretch is felt in the muscles on the outside of the forearm.



Biceps Curl

Stand or sit on a bench or chair. With the palm facing forward and the elbow against your side, raise the weight up toward the shoulder. Keep the elbow firmly against your side and lower the weight back to the starting position.



Triceps Extension

Lie on your back on a weight bench. Hold a dumbbell starting with the elbow straight. Keep your upper arm vertical while slowly bending the elbow toward the forehead. Slowly return to the upright position.



Radial/Ulnar Deviation **2-3 sets of 10 repetitions**

Sit with your forearm resting on your thigh, thumb pointing up, holding a light dumbbell in a hammer grip with your hand past your knee. Keeping the forearm still, tip the wrist up and then down through a small, comfortable arc — like gently swinging a hammer. Move slowly in both directions.



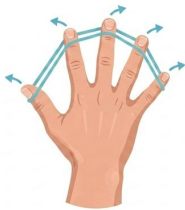
Grip Strengthening (Ball Squeeze) **2-3 sets of 10 squeezes, holding each 5 seconds**

Hold a soft exercise ball or therapy putty in your hand with the elbow bent comfortably at your side. Squeeze the ball firmly, hold for 5 seconds, then relax completely. The squeeze should feel like work but should not cause sharp pain.



Rice Bucket Grip Endurance 2-3 minutes, once a day

Fill a bucket with uncooked rice and plunge your hand in up to mid-forearm. Work continuously through gripping, spreading, stirring, and digging motions — grab a fistful and rotate, open the fingers wide, tunnel deeper. This builds forearm and grip endurance and is a favorite of throwing athletes and manual workers.



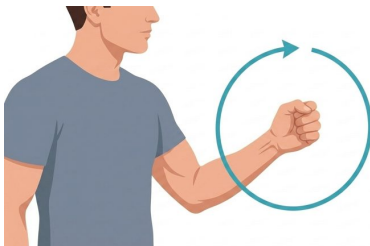
Finger Extension with Rubber Band 2-3 sets of 10 repetitions

Loop a rubber band around the outside of your fingers and thumb with the fingertips together. Spread the fingers open against the band's resistance, then slowly let them close. Use a thicker band or doubled band as this becomes easy.



Prayer Stretch Hold 20-30 seconds, 3 repetitions

Press your palms together in front of your chest with fingers pointing up, elbows out to the sides. Keeping the palms fully together, slowly lower your hands toward your waist until you feel a stretch along the inside of the forearms and wrists. Hold, then return.



Wrist Circles 10 circles each direction, 2 sets

With your forearm supported or held out in front of you and your hand in a loose fist, slowly rotate the wrist through a full, comfortable circle. Complete the circles in one direction, then reverse. A gentle warm-up before the resisted exercises above.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.