



CARE INSTRUCTIONS

KAISER PERMANENTE

Wrist Sprain: Exercises

Your Kaiser Permanente Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Resisted wrist extension



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1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.

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Resisted wrist flexion



1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm up, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.

Resisted radial deviation



1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your hand facing toward your other thigh, and step on the other end.
3. Slowly bend your wrist upward for a count of 2, then lower your wrist slowly to a count of 5.
4. Repeat 8 to 12 times.

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Resisted ulnar deviation



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1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist by the inside of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end with the foot opposite the hand holding the band.
3. Slowly bend your wrist outward and toward your knee for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Resisted forearm pronation



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1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm up, and step on the other end.
3. Keeping your wrist straight, roll your palm inward toward your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.

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4. Repeat 8 to 12 times.

Resisted supination



1. Sit leaning forward with your legs slightly spread. Then place your forearm on your thigh with your hand and affected wrist in front of your knee.
2. Grasp one end of an exercise band with your palm down, and step on the other end.
3. Keeping your wrist straight, roll your palm outward and away from your thigh for a count of 2, then slowly move your wrist back to the starting position to a count of 5.
4. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <http://www.kp.org>

Enter S110 in the search box to learn more about **"Wrist Sprain: Exercises"**.

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