

Exercise Prescription: Repeated Loaded Wrist Flexion

Purpose of Exercise:

This is a self-treatment for forearm/wrist pain and tightness.

Frequency:

You may complete this exercise daily, 10 times every hour until the restriction is worked through.

Starting Position:

Affected wrist straight, opposite hand in contact with the top of the affected hand.

Exercise Description:

From the starting position, press your wrist into flexion with your opposite hand until tension is felt. Return to the starting position.

If pain/tightness is felt in your thumb or forearm facing you, press your wrist into flexion and slightly away from you. If pain/tightness is felt along your forearm or wrist facing away from you, press your wrist into flexion and slightly towards you.

Repeat this movement ten times. Try to flex the wrist progressively farther on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

Pictures:

