

Exercise Prescription: Radial Paddle

Purpose of Exercise:

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

Frequency:

You may complete this exercise 4-5 times daily until the restriction is worked through.

Starting Position:

Affected arm flexed at the elbow, palm facing upwards. Head is retracted and laterally flexed away from the affected side.

Exercise Description:

From the starting position, reach, turn the palm down, extend the elbow, and flex the wrist as shown, as if you were paddling through water. While completing this motion with the arm, laterally flex the head towards the affected side while maintaining neck retraction

Repeat this movement 10-12 times. Try to move the arm progressively farther on each subsequent rep. Do not pause at the end-range.

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:

