

## Exercise Prescription: Loaded Wrist Extension

### 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 supported on a firm surface with fingers pointed away from you. Grip your wrist firmly as shown with your opposite hand.

### Exercise Description:

From the starting position, shift your weight forward until tension is felt in the wrist. Maintain a firm grip with your opposite hand. Return to the starting position.

If pain/tightness is felt in the top of your wrist, press backward on your wrist with your opposite hand. If pain/tightness is felt by your thumb, press backward and outward with your opposite hand. If pain/tightness is felt on the outside of your hand, pull backward and inward with your opposite hand.

Repeat this movement ten times. Try to extend 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:

