

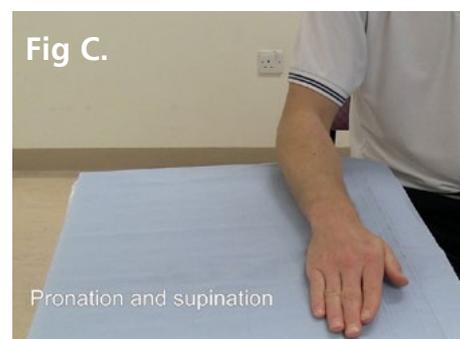
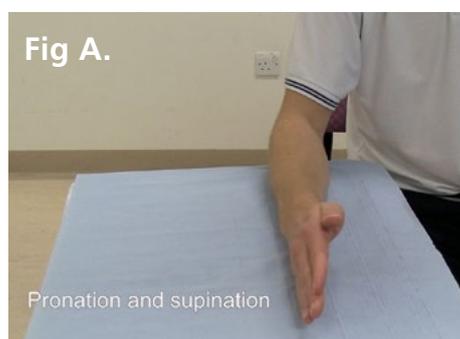
Wrist ROM

Flexion and extension



Place your wrist over the edge of a table allowing the table to fully support your forearm (**Fig A**). Slowly bend the wrist down and up as far as you can (**Figs B and C**).

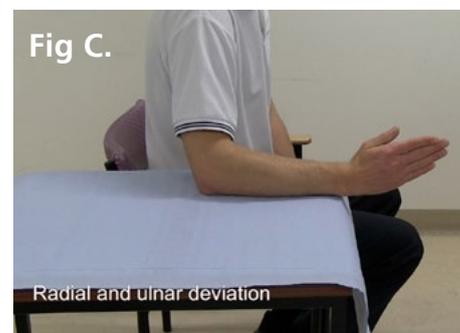
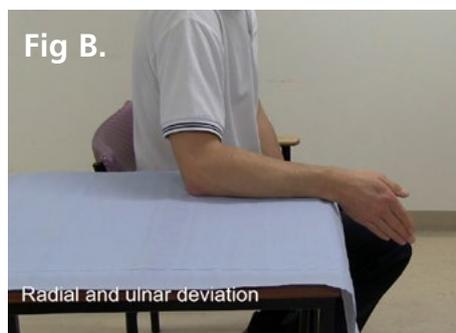
Pronation and supination



Place your hand and forearm on a table (**Fig A**). Turn your palm down and then turn your palm up as far as possible (**Figs B and C**).

Wrist ROM

Radial and ulnar deviation



Place the side of your hand over the edge of a table allowing the table to fully support your forearm **(Fig A)**.

Move your wrist down toward you little finger and up toward you thumb as far as possible **(Figs B and C)**.

Assisted wrist movements



Place your elbows onto a table and interlock your fingers with the palms touching **(Fig A)**.

Move your wrists from side to side allowing the affected wrist to be helped by your other hand **(Figs B and C)**.

Wrist ROM

Assisted wrist movements continued



Now twist the wrists so that you can look at the back of each hand individually **(Figs D and E)**.

Now bend the wrists towards your little fingers and then towards the thumbs as far as possible **(Figs F and G)**.

For a video demonstration of this exercise please click [VIDEO LINK](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free **'QR code reader'** app from your app store and scan.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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