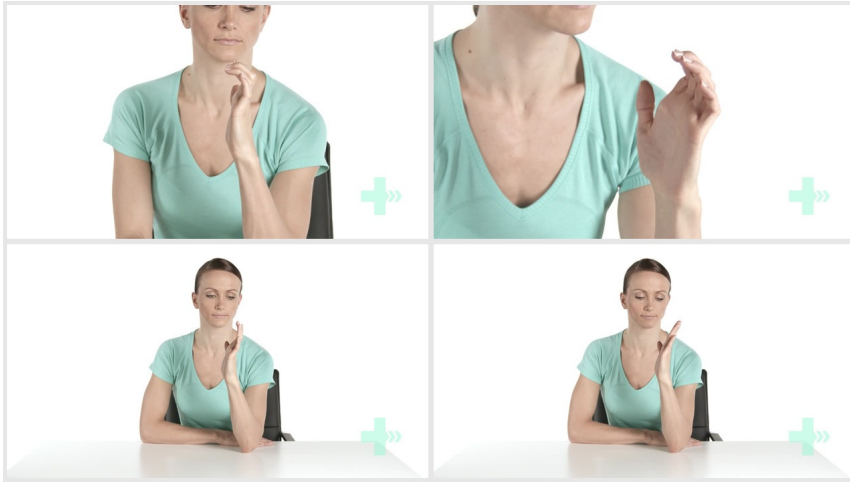


Better Health Nutrition & Fitness  
WA

## 1. AROM finger intrinsic minus



Sit upright in a chair.

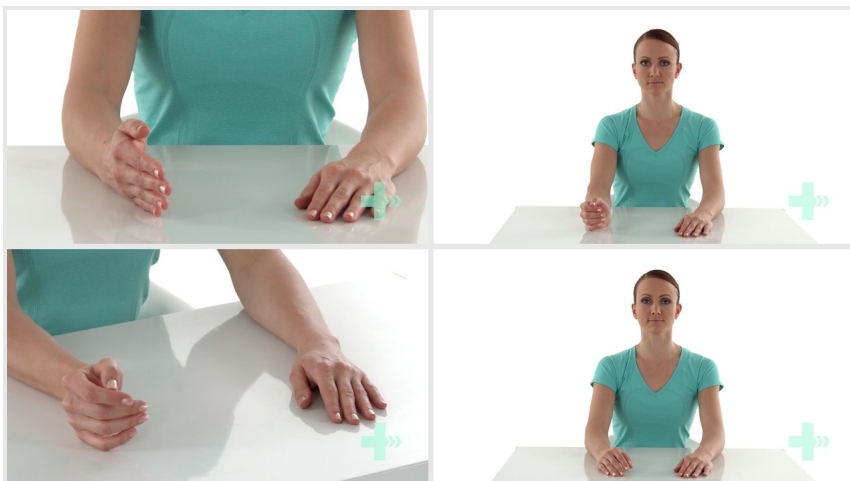
Place your affected arm on a table, holding the forearm up and your hand and fingers straight.

Bend the end and middle joints of your fingers, keeping your knuckles straight.

Try to touch your palm with the tips of your fingers before straightening your fingers again.

Remember to keep your wrist straight throughout the exercise, using your opposite hand to support it if needed.

## 2. AROM wrist flexion/extension



Start in a seated position with your forearm resting on a table and your thumb facing upright to the ceiling.

Bend your wrist forwards, and then extend your wrist backwards, keeping your fingers relaxed throughout the whole movement.

### 3. Isometric wrist extension



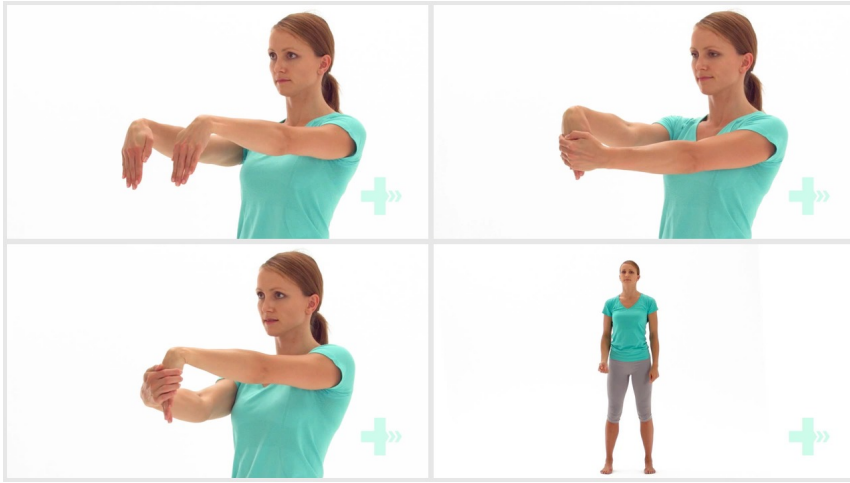
Start in a seated position with your forearm resting on a table and your palm facing down. Place your other hand on the back of your affected hand. Attempt to lift your affected wrist up, whilst resisting the movement with your good hand. Ensure you keep your forearm in contact with the table. Hold this position.

### 4. Wrist extension - with weight



Start in a seated position. Grasp a weight in your hand with the palm facing down and rest that elbow on a table or your knee. Start in a neutral position then lift the wrist up. Control the movement as you lower the hand back down to the neutral position. It is important to keep your forearm in contact with the supportive surface at all times.

## 5. PROM wrist flexion



Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.

With your other hand, apply a gentle pressure to the back of your wrist and hold.

You should feel this stretch down the back of your forearm.

## 6. Ball squeeze



Hold a ball in your hand.

Squeeze the ball as hard as you can and hold.

Allow your wrist to move in whichever direction feels natural.

**1. AROM finger intrinsic minus**



Prescription/Date:																				
3 Sets																				
10 Reps																				
3 s Hold																				

**2. AROM wrist flexion/extension**



Prescription/Date:																				
3 Sets																				
10 Reps																				

**3. Isometric wrist extension**



Prescription/Date:																				
2 Sets																				
10 Reps																				
5 s Hold																				

**4. Wrist extension - with weight**



Prescription/Date:																				
2 Sets																				
10 Reps																				
0.1 kg Weight																				

### 5. PROM wrist flexion



<b>Prescription/Date:</b>																				
4 Sets																				
5 Reps																				
10 s Hold																				

### 6. Ball squeeze



<b>Prescription/Date:</b>																				
3 Sets																				
10 Reps																				
10 s Hold																				