



STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationery bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

WRIST CIRCLES



Hold the arm straight and slowly rotate your wrist around in circles then change direction. Repeat with other wrist.

8-12 rotations each direction

WRIST FLEXOR STRETCH



Hold the arm with the elbow straight and palm facing up. Grasp the hand and stretch the wrist backwards, until the stretch is felt on the inside of the forearm. Repeat on other hand.

Hold 15-30 seconds | 3 reps

WRIST EXTENSOR STRETCH



Hold the arm straight with the palm facing down. Grasp the hand and pull down toward your body until a stretch is felt on the outside of the forearm. Repeat on other hand.

Hold 15-30 seconds | 3 reps

FOREARM ROTATION



Stand upright with elbow at your side and bent 90 degrees with your palm facing upwards. Rotate your forearm so that your palm turns down. Repeat with other arm.

3 sets | 8-12 reps



STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

WRIST FLEXION



Hold a light weight (1-3 lbs or can of soup, water bottle, etc) with your palm facing upward. Bend your wrist upward then slowly lower the weight and return to the starting position.

3 sets | 8-12 reps each wrist

WRIST EXTENSION



Hold a light weight (1-3 lbs or can of soup, water bottle, etc) in your hand with your palm facing down. Slowly bend your wrist up then slowly lower the weight down into the starting position.

3 sets | 8-12 reps each wrist

BICEP CURL



Hold a weight in each hand and stand with your feet hip-width apart and knees slightly bent. Let your arms hang down at your sides with your palms forward. Pull your abdominals in and curl both arms upward until they're in front of your shoulders. Slowly lower back down.

3 sets | 8-12 reps

TRICEP PRESS



Stand with your feet slightly apart, with one foot slightly behind the other. Grasp one dumbbell with both hands. Bend your elbows and hold the weight behind your head. Keep your back straight and knees slightly flexed. Raise your arms overhead and lock your elbows. Return slowly to the start position.

3 sets | 8-12 reps