











Wrist/Elbow Exercises

Exercise	Image	Instructions
Eccentric wrist extensions (Dumbbell)		<ol style="list-style-type: none"> 1. Start with your hand holding the dumbbell over the edge of a table palm facing down. 2. Extend your wrist with the assistance of your other hand. Slowly lower the dumbbell until you're back to starting position 3. Perform 10-15 reps.
Wrist Flexion (Dumbbell)		<ol style="list-style-type: none"> 1. Start with your hand holding the dumbbell over the edge of a table palm facing up. 2. Flex your wrist upward and back down. 3. Perform 10-15 reps.
Fist clenching (stress ball)		<ol style="list-style-type: none"> 1. Squeeze the stress ball as hard as you can for 10 seconds.

<p>Towel twisting</p>		<ol style="list-style-type: none"> 1. Hold a rolled towel with both hands, palms facing down. 2. Twist the towel so that 1 wrist is flexed and 1 wrist is extended. Hold the position for 5 seconds. 3. Perform 10-15 reps.
<p>Radial deviation with theraband</p>		<ol style="list-style-type: none"> 1. Hold a theraband with your thumb facing up. Secure the other end of the theraband by standing on it. 2. Pull the theraband in an upward motion with your wrist, and back down slowly. 3. Perform 10-15 reps.
<p>Ulna deviation with theraband</p>		<ol style="list-style-type: none"> 1. Hold a theraband with your palm facing down and the theraband secured to the opposite side. 2. Pull the theraband in an outward motion to the side using your wrist then back to neutral. You may use your thumb to help with motion. 3. Perform 10-15 reps.
<p>Supination with theraband</p>		<ol style="list-style-type: none"> 1. Hold the theraband in your fist and secure the other end with your foot. Start with the thumb side pointing inward and the end of the theraband on your thumb side. 2. Rotate your wrist outward so that you're pulling against the resistance of the theraband. 3. Perform 10-15 reps.

<p>Pronation with theraband</p>		<ol style="list-style-type: none"> 1. Hold the theraband in a fist and secure the other end with your foot. Start with the thumb side pointing outward and the end of the theraband on the little finger side. 2. Rotate your wrist inward so that you're pulling against the resistance of the theraband. 3. Perform 10-15 reps.
<p>Extensor stretch</p>		<ol style="list-style-type: none"> 1. With your elbow straight and palm facing down, hold the back of your hand with your other hand to bring your wrist into a flexed position. 2. Hold stretch for 20-30 seconds.
<p>Flexor stretch</p>		<ol style="list-style-type: none"> 1. Pull the palm of your hand back with your other hand so that your wrist is overextended. Aim to keep your fingers straight. 2. Hold stretch for 20-30 seconds.

Mulligan's Self Mobilisation of Elbow



1. Apply lateral traction force to the belt on the humerus, while applying medial traction force to the radius and ulna.

2. Maintaining the traction, squeeze a stress ball, and release.

3. Perform 10-15 reps.

Mulligan's Self Mobilisation of Elbow



1. Apply lateral traction force to the belt on the ulna and radius, while applying lateral traction force to the humerus.

2. Maintaining the traction, squeeze a stress ball, and release.

3. Perform 10-15 reps.