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Wrist stability and strengthening



Isometric pronation
Place two fingers on your wrist, rotate your wrist inwards, resisting against your fingers.



Grip strengthening
Using a rubber ball or other object that you can grasp in your hand, squeeze as tight as you can with your fingers and hold for 5 seconds.



Isometric flexion
Push wrist upwards against resistance without changing the angle of your wrist.



Isometric extension
Push wrist upwards against resistance without changing the angle of your wrist.



Isometric Abduction
Push wrist upwards against resistance without changing the angle of your wrist.



Isometric Adduction
Push wrist downwards against resistance without changing the angle of your wrist.



Concentric flexion
Hold a weight with the palm facing up, bend your wrist upward. Slowly lower the weight and return to the starting position.



Concentric extension
Hold a weight with your palm facing down slowly bring the wrist and hand up. Slowly lower the weight down again to the starting position.

Exercises should be carried out ____times, ____time/s a day

For the following exercises ensure that the movement comes from your *wrist* and not your elbow.



Concentric wrist pronation:
Wrap the theraband around your hand and
Twist against resistance **inwards**



Concentric wrist supination:
Wrap the theraband around your hand and twist
against resistance **outwards**



Concentric wrist Extension:
Grab the theraband and pull wrist
upwards against the
band.



Concentric wrist Flexion:
Grab the theraband and pull wrist
downwards against
the band.



Concentric wrist Abduction:
Grab the theraband and pull your wrist
upwards against the
band.



Concentric wrist Adduction:
Grab theraband and pull your wrist
downwards against
the band.

Exercises should be carried out ___times, ___time/s a day