



# Active Wrist Exercises

This handout gives step-by-step instructions for active wrist exercises. These are exercises you can do at home.

Do each exercise:

\_\_\_\_\_ times

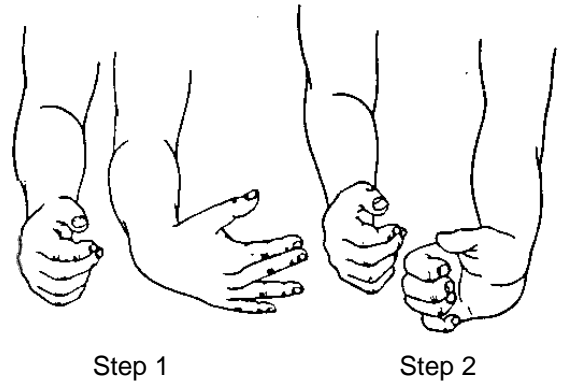
\_\_\_\_\_ times every day

To do these exercises:

- Do all exercises slowly and smoothly.
- Keep your fingers as relaxed as possible.

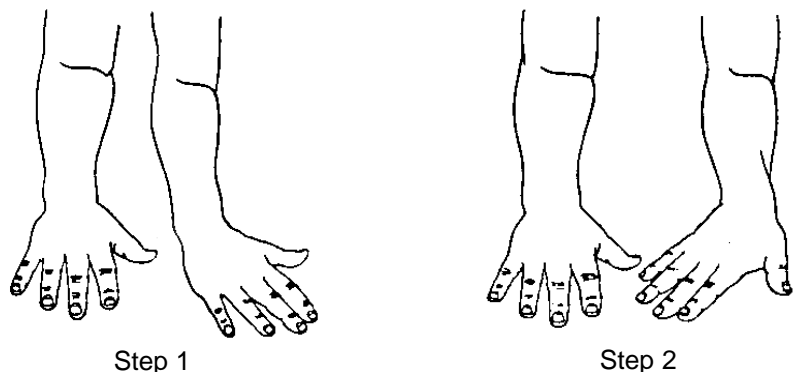
### Exercise #1

1. Bending at the wrist, move your hand toward you as far as possible.
2. Relax. Then move your hand away from you as far as possible by bending your wrist backward.
3. Relax and repeat from Step 1.



### Exercise #2

1. Place your palm down on a flat surface. Move your hand as far as possible toward your thumb, bending only at your wrist.
2. Relax, then move your hand as far as possible toward your little finger, bending only at your wrist.
3. Relax and repeat from Step 1.



## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:  
206-598-4830

---

---

---

---

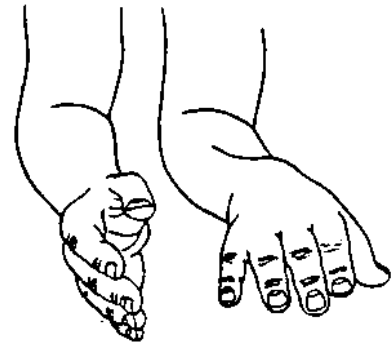
---

### Exercise #3

1. Keep your elbow at your side.
2. Turn your palm up as far as possible, moving only your forearm and hand.
3. Relax. Then, turn your palm down as far as possible, moving only your forearm and hand.
4. Relax and repeat from Step 1.



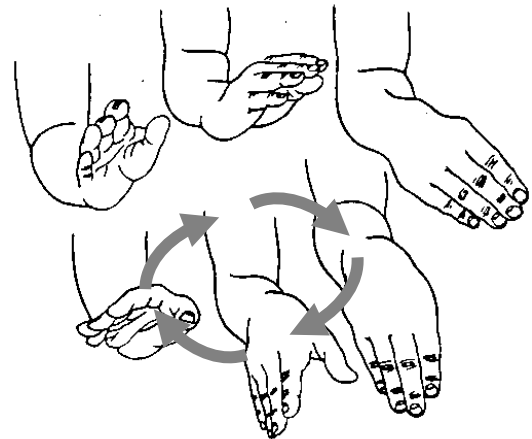
Step 2



Step 3

### Exercise #4

1. Keep your elbow at your side.
2. Move your wrist so that your hand moves in a circle. Avoid moving your forearm.
3. Relax. Then repeat, moving your hand in the opposite direction.



Step 2

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

Occupational Therapy

Box 356490

1959 N.E. Pacific St. Seattle, WA 98195

206-598-4830