**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

Hand Therapy Department Contact Number 0203 315 8404
Open between 8-6 Monday-Friday. Last updated: 3-10-16 MT
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 the theraband and pull your wrist downwards against the band.

Exercises should be carried out ___ times, ___ time/s a day