**Wrist Pain**

Created by David Schrader, ATC  Oct 12th, 2016

View at "www.my-exercise-code.com" using code: 9RYUUQK

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**1. Elastic Band Wrist Curls**

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face up.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**5. Elastic Band Wrist Supination**

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face up.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**2. Elastic Band Radial Deviation**

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your wrist in a neutral position as shown.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**6. Elastic Band Ulnar Deviation**

While holding an elastic band the wrist towards the side as shown.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**3. Elastic Band Wrist Extension**

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face down.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**7. Wrist Flexor Stretch**

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Perform 4 Time(s) a Week

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**4. Elastic Band Wrist Pronation**

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face down.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

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**8. WristExtensor Stretch**

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Perform 4 Time(s) a Week

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