


**Stretching**

- 1) Hold the affected wrist as shown
- 2) Bend the wrist BACK until you feel a stretch
- 3) Hold for 5-10 secs.
- 4) Perform 10 repetitions twice a day

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**Stretching**

- 1) Hold the wrist of the affected as shown
- 2) Bend the wrist DOWN until you feel a stretch
- 3) Hold for 5-10 secs.
- 4) Perform 10 repetitions twice a day

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**Strengthening**

- 1) Wrist curls (*palm up*) can be done with hand weights (as shown), or resistance bands/tubing.
- 2) Use a weight/resistance level that allows for 2 sets of 20-30 repetitions
- 3) Upward movement 1 sec., downward movement 2 sec.


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**Strengthening**

- 1) Wrist extensions (*palm down*) can be done with hand weights (as shown), or with resistance bands/tubing
- 2) Use a weight/resistance level that allows for 2 sets of 20-30 repetitions
- 3) Upward movement 1 sec., downward movement 2 sec.


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**Strengthening**  
For muscles that control side to side movements of the wrist (adductor and abductor muscles).

- 1) Holding the weight in the hand thumb side up, move the wrist up and down in a hammering action, moving only the wrist.
- 2) Hold for 2 seconds and repeat as much as pain allows, up to 50 repetitions.


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**Strengthening**  
For muscles that twist the wrist (pronator and supinator muscles).

- 1) Holding the weight in the hand thumb side up, turn the wrist inward as far as possible and then outward as far as possible.
- 2) Hold for 2 seconds and repeat as much as pain allows, up to 50 repetitions.


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**Strengthening**  
The exercise must be done with the back of the hand in alignment with the forearm.

- 1) Squeeze a squash ball, hold for three seconds and release
- 2) Do this 20 times a day

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**Deep Transverse Friction Massage**

Massage is performed over the area of soreness. Apply firm pressure using the tips of the index and middle fingers on the area of pain and rub across the direction of the muscle fibres (as shown by the arrow) for 5 minutes.

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