



Wrist Protocol

The following exercises are common for treatment of wrist pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Wrist Flexor Stretch** – Extend arm, pull fingers back gently. Hold for 20-30 seconds. (3 sets per side)
2. **Wrist Extensor Stretch** – Extend arm, pull fingers downward. Hold for 20-30 seconds. (3 sets per side)
3. **Tabletop Wrist Stretch** – Place hands flat on a surface, lean forward. Hold for 20-30 seconds. (3 sets)
4. **Wrist Rolls** – Rotate wrists in circles. (3 sets of 10 reps per direction)
5. **Finger Taps** – Tap each finger to thumb quickly. (3 sets of 10 reps per hand)
6. **Thumb Opposition** – Touch all fingers to thumb repeatedly. (3 sets of 10 reps per hand)
7. **Grip Squeezes** – Squeeze a stress ball or putty. Hold for 5 seconds. (3 sets of 10 reps per hand)
8. **Radial/Ulnar Deviation (Band)** – Move wrist side to side with resistance. (3 sets of 10 reps per side)
9. **Wrist Curls (Dumbbell)** – Hold a light weight palm up, curl wrist upward. (3 sets of 10 reps per side)
10. **Wrist Extension Curls (Dumbbell)** – Hold a light weight palm down, curl wrist upward. (3 sets of 10 reps per side)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.