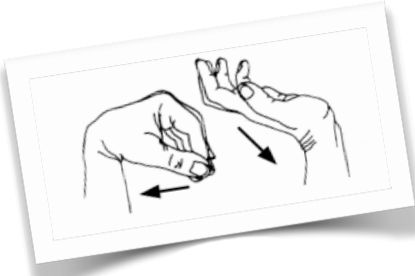


# OrthoHealth

\* Advice from your physician should be followed and supersedes any instruction mentioned below. Please use this as a guideline only. Discontinue performing excises if you experience unexpected pain or discomfort.

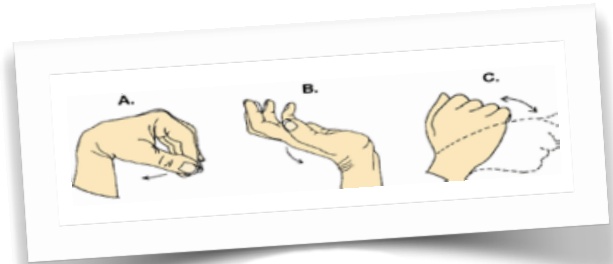
**Wrist Range Of Motion:** Bend your wrist forward and backward as far as you can. Repeat 10 times. Do 3 sets.



**Flexion:** Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.

**Extension:** Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.

**Side to side:** Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.

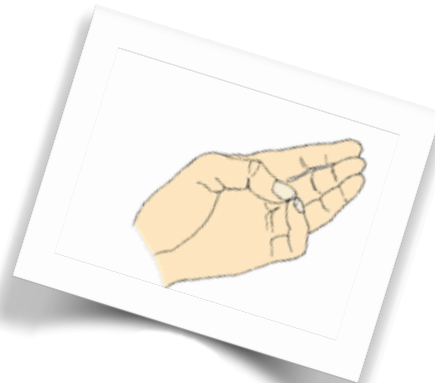


**Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10. Repeat exercise as needed.



**Opposition stretch:** Rest your injured hand on a table, palm up. Touch the tip of your thumb to the tip of each finger. Hold this position for 6 seconds. Repeat 10 times.

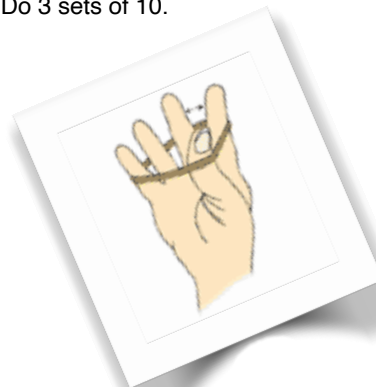
**Pronation and Supination:** With your elbow bent at 90 degrees slowly rotate your hand from a palm upward position to a palm down position. Repeat 10 times. Do 3 sets.



**Tendon glides:** Start with the fingers of your injured hand held out straight. Gently bend the middle joint of your fingers down toward your upper palm. Hold for 5 seconds. Do 3 sets of 10.



**Finger spring:** Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Do 3 sets of 10.



Consider consulting an Athletic Therapist or Physiotherapist for further treatment that can aid in speeding up your recovery.