

Wrist Sprain Exercise Handouts

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When the strong ligaments that support the wrist are overstretched or torn, the result is a sprained wrist, often known as a wrist sprain. This happens when the wrist is bent or twisted forcefully, such as when someone falls onto an outstretched hand, causing the hand to land on the ground first.

Wrist sprains are common injuries. Depending on how much damage there is to the ligaments, they can range from being quite minor to being very serious.

Wrist range of motion exercises can help with a wrist sprain. Many such exercises can be done readily at home without specific equipment like the ones listed below.

- **Standing wrist extension stretch**

Step 1 – Extend one arm with the wrist in front of you and point your palm towards the floor.



Step 2 – With the help of your other hand, gently bend your wrist farther or *upwards* until you experience a mild to moderate stretch in your forearm.



Step 3 – Hold the stretch for at least 20 to 30 seconds.

- Repeat 6-8 times for each hand
- 3 sets in a row

- Once-daily
- 5 days a week

- **Standing wrist flexion stretch**

Step 1 – Extend the arm with one of your wrists in front of you and point your fingers toward the floor.



Step 2 – With your other hand, softly bend your wrist farther or *downwards* until you feel a good stretch in your forearm. Then, hold the stretch for about 20 to 30 seconds.



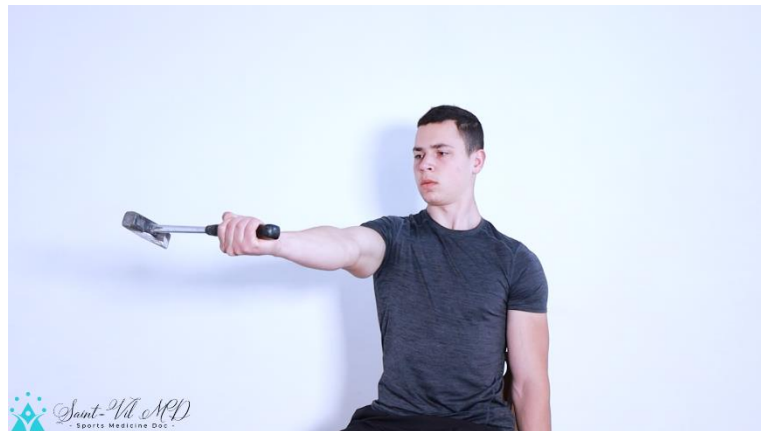
- Repeat 4-6 times for each hand
- 3 sets in a row
- Once-daily
- 5 days a week

- **Forearm pronation and supination with a hammer**

Step 1 – Hold a hammer in your hand and then start rotating your forearm



Step 2 – Pronation is when the back of the hand is facing upward, and supination is the opposite, when the palm is facing upward. When doing pronation and supination by holding a hammer, do not forget to hold in each position for about 3 seconds.



Step 3 – Repeat the motion with both the arms

- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Seated gripping towel**

Step 1 – Hold the rolled towel in one of the hands.



Step 2 – Squeeze the towel with moderate strength



Step 3 – Repeat it with the other hand

- Repeat 8-10 times
- 3 sets in a row
- It can be done multiple times a day
- 5 days a week

- **Seated wrist radial deviation with dumbbell**

Step 1 – Hold a dumbbell with your arm outstretched in front of you.



Step 2 – Move the wrist to result in its sidewise motion or radial motion.



- Repeat 8-12 times
- 3 sets in a row
- Once-daily

- 5 days a week

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