

Passive Wrist Exercises

Do these exercises _____ times a day.

Hold for _____ seconds. Relax. Repeat each exercise _____ times.

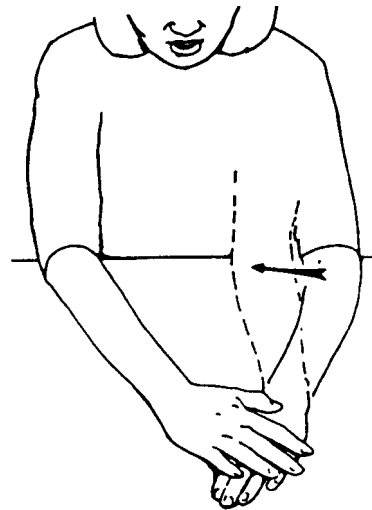
Extension

Lift your hand at the wrist and push back as far as you can, using your other hand.



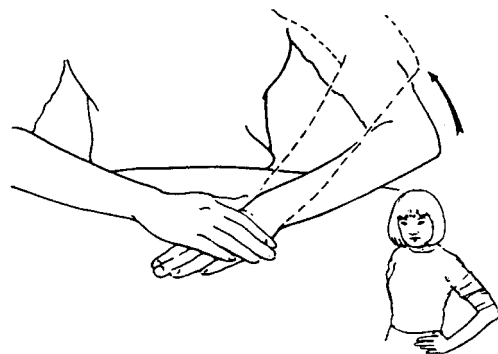
Radial Deviation

Put your wrist and palm on the table. Place your other hand on top to keep it steady while you bring the elbow inward.



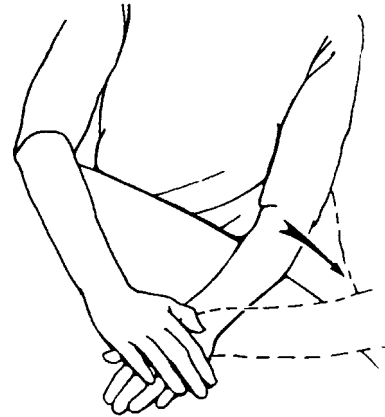
Extension 2

- Keep your palm on the table. Use your other hand on top to help lift the elbow upward.
- Rest your hand with your palm on your hip. Move your elbow out at your side.



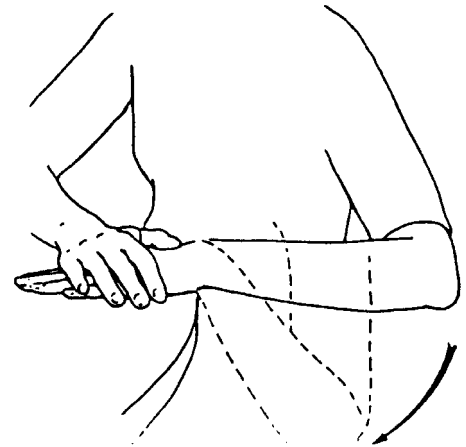
Ulnar Deviation

Put your palm and wrist on the table. Place your other hand on top to keep it steady while you bring the elbow **outward**.



Flexion

Rest your palm at the edge of a table. Hold it steady with your other hand on top. Bring your elbow downward.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.