

IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Director of Rehabilitation

Hand / Wrist Stretching and Strengthening Home Exercise Sheet

Rehabilitation of the hand / wrist may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the hand / wrist can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Swelling after exercise indicates that the exercise is too difficult or it is not being done correctly. You need to change your program to eliminate the problem. Be sure to ice that area of swelling and use compression wrap as necessary.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day OR 3 to 5 days per week.

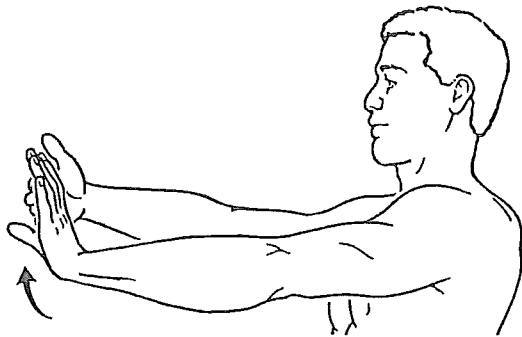
Perform 2 sets of 15 repetitions for strengthening exercises.

Stretching is performed 3-15 times holding 10-30 seconds each time.

Ice for 15 minutes after exercising.

Do not ice before exercising.

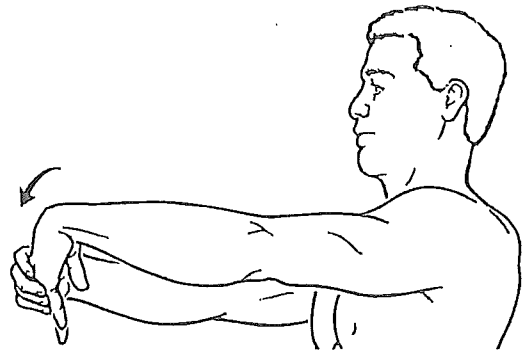
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp injured hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

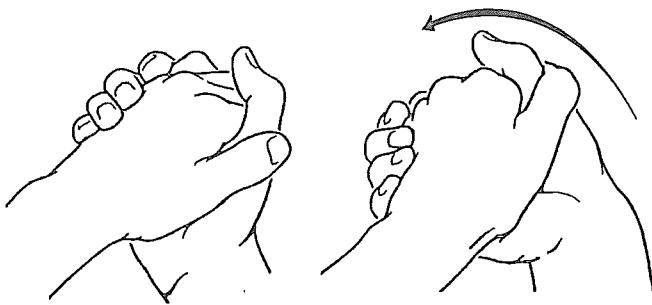
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp injured hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HAND - 40 PROM: Wrist Radial / Ulnar Deviation

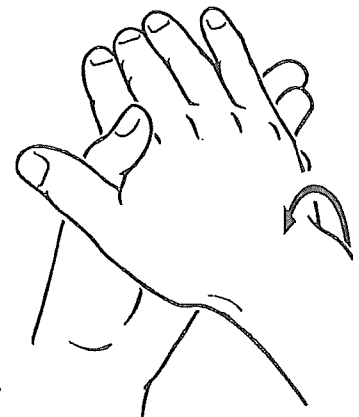


Grasp injured hand with other hand and gently stretch hand and wrist from side to side as far as possible. Hold each position 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HAND - 20 Forearm Pronation Stretch

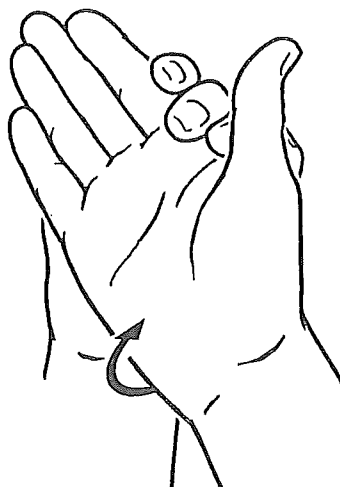
With injured hand in handshake position, grasp and slowly turn to palm down position until stretch is felt. Hold 30 seconds. Relax.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HAND - 19 Forearm Supination Stretch

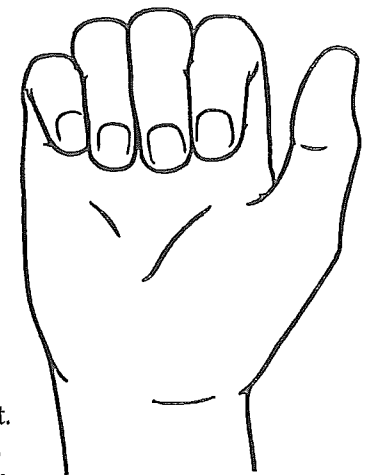
With injured hand in handshake position, grasp and slowly turn to palm up until stretch is felt. Hold 30 seconds. Relax.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HAND - 8 AROM: Finger Flexion / Extension

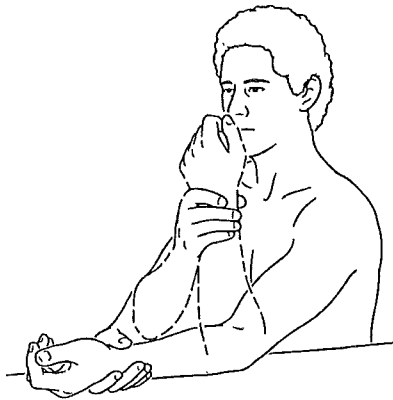
Actively bend fingers of injured hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 10 seconds. Relax. Then straighten fingers as far as possible.



Repeat 10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HAND - 38 PROM: Elbow Flexion / Extension

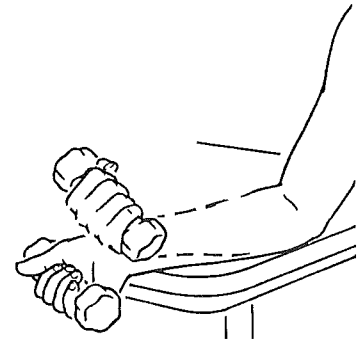
Grasp injured arm at wrist and gently bend elbow as far as possible. Then straighten arm as far as possible. Hold each position 30 seconds.



Repeat 3-5 times per set.
 Do 1 sets per session.
 Do 1-2 sessions per day.

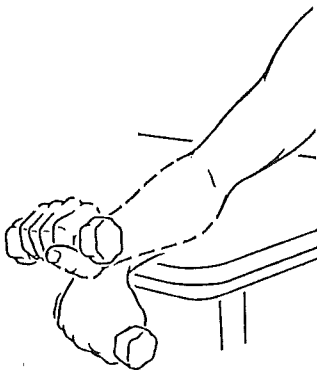
HAND - 63 Wrist Flexion: Resisted

With injured palm up, _____ pound weight in hand, bend wrist up. Return slowly.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HAND - 64 Wrist Extension: Resisted



With injured palm down, _____ pound weight in hand, bend wrist up. Return slowly.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

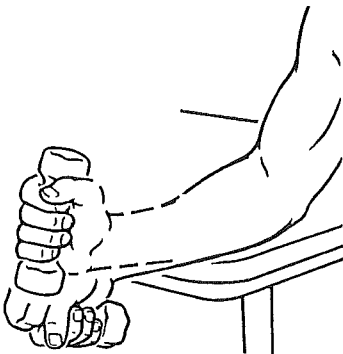
HAND - 65 Wrist Ulnar Deviation: Resisted



With injured thumb down and _____ pound weight in hand, bend wrist up. Return slowly.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

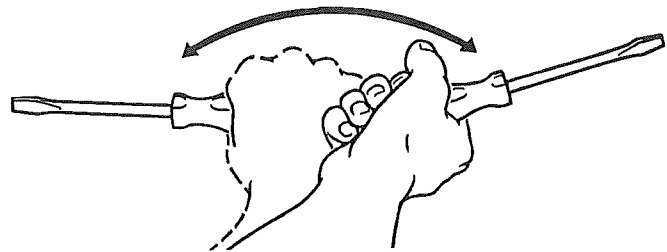
HAND - 66 Wrist Radial Deviation: Resisted



With injured thumb up, _____ pound weight in hand, bend wrist up. Return slowly.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HAND - 48 Forearm Pronation / Supination: Resisted (Sitting)

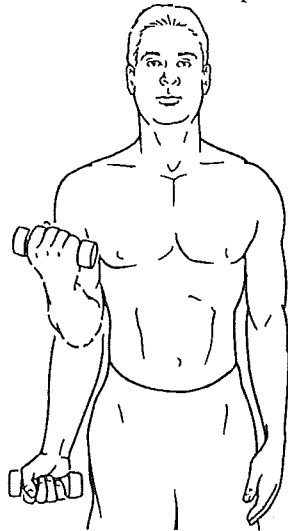


With injured forearm supported, grasp object and gently rotate palm up, then down, as far as possible without pain.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HAND - 70 Wrist Elbow Flexion: Resisted – Palm Up

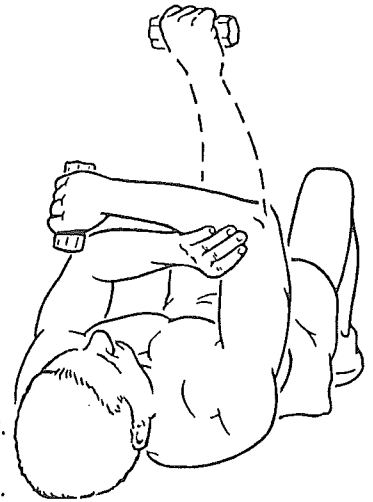
With injured arm straight, palm forward, holding ___ pound weight, bend elbow. Return slowly.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 71 Elbow Extension: Resisted

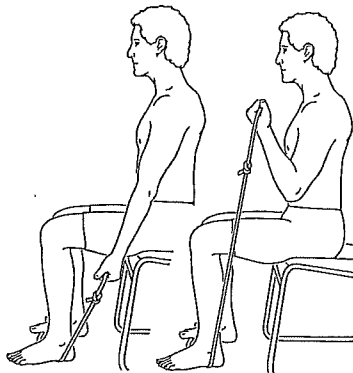
Lie on back, ___ pound weight in injured hand, arm up, elbow bent and supported. Straighten elbow. Return slowly.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 35 Elbow Flexion: Resisted

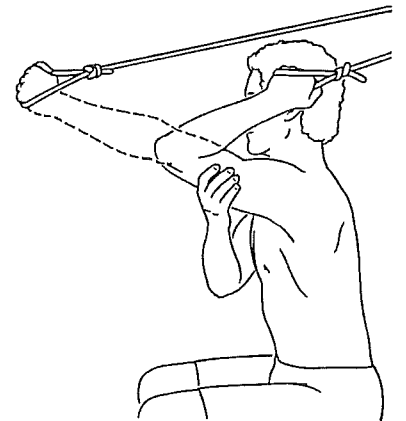
With tubing wrapped around injured fist and other end secured under foot, curl arm up as far as possible.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HAND - 36 Elbow Extension: Resisted

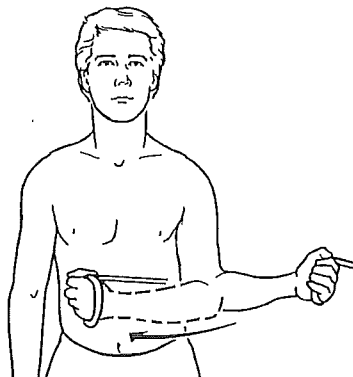
With tubing wrapped around injured fist and other end anchored, straighten elbow.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

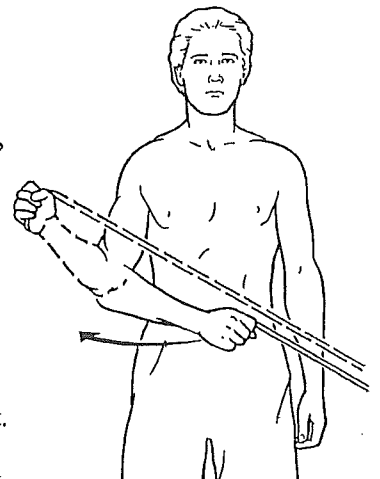
Hold tubing in injured hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

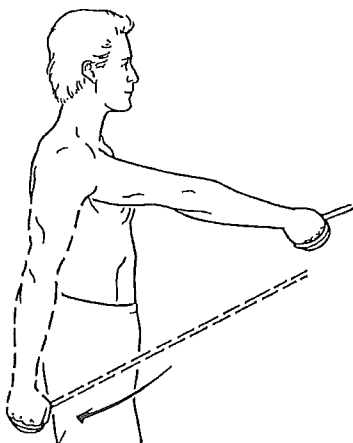
Hold tubing in injured hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

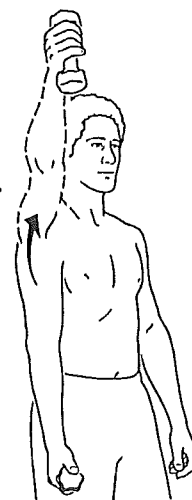
Hold tubing in injured hand, arm forward. Pull arm back, elbow straight.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

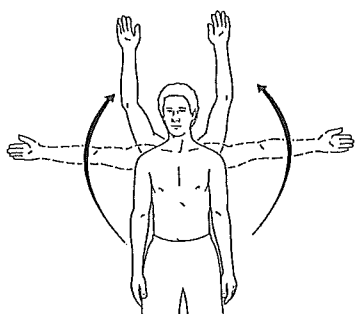
SHOULDER - 75 Strengthening:
 Scaption – with External Rotation

Holding pound weight, raise injured arm diagonally from hip to shoulder height. (NOT AS PICTURED) Keep elbow straight, thumb up.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 84 ROM: Abduction (Standing)

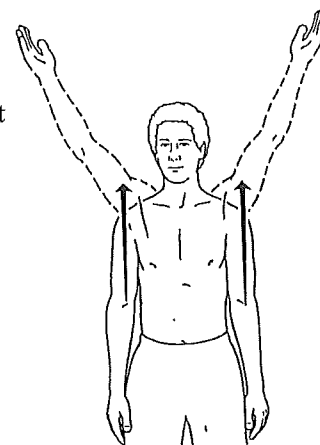


Bring arms straight out from sides and raise arms only to shoulder height (NOT AS PICTURED) without pain. pounds

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

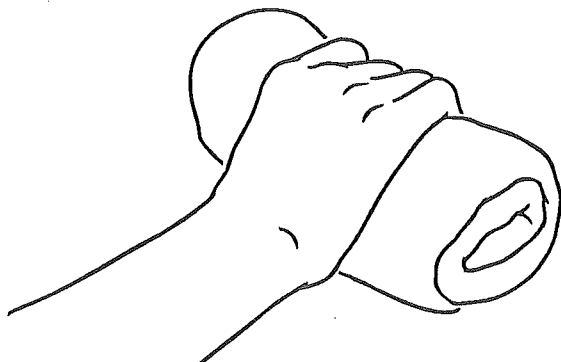
SHOULDER - 83 ROM: Flexion (Standing)

Bring arms straight out in front to shoulder height (NOT AS PICTURED), without pain. Keep thumbs facing up. pounds.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HAND - 47 Towel Roll Squeeze



With injured forearm resting on surface, gently squeeze towel.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

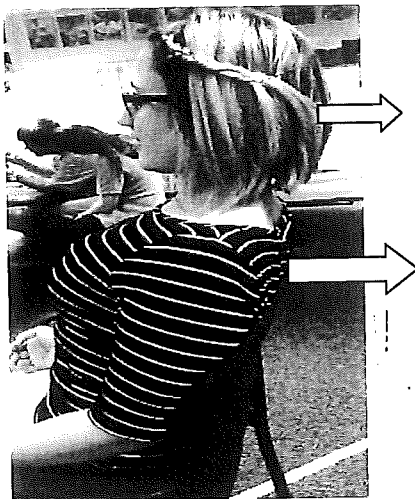
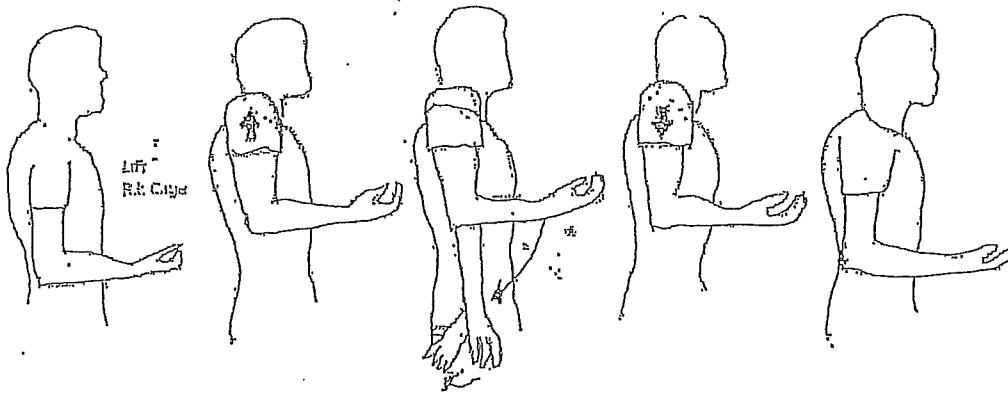
The Tray Exercise

The purpose of this exercise is to glide the nerves to allow for improved motion while performing in safe range.

Correct Performance of the Exercise:

1. Start by lifting your rib cage as high as possible (Can often be accomplished by taking in a deep breath)
2. Bend both Elbows to 90° so that your palms are facing up. Imagine that you are carrying a full tray.
3. Lift your shoulders straight up towards your ears. Must be done in a pain-free range.
4. Straighten your elbows, while keeping shoulders shrugged up.
5. If still pain/symptom free attempt to bend wrist so palms are facing UP / DOWN.
6. Return arms to step #2, as if holding a tray
7. Relax / lower your shoulders to a natural position.

Frequency: The exercise should be performed up to 30 times a day. In the beginning 10-15 at a time will be tough enough. Remember that the exercises should not cause pain or increase your symptoms dramatically.



Sit in a straight back chair supported to the level of your shoulder blades. Your bottom should be as far back in the chair as possible. Relax against the back of the chair.

Slowly draw your head backwards, keeping your eyes level. The movement is similar to avoiding something being pushed in your face. Try to make the movement smooth and draw your head further back with each repetition.

Perform 30 repetitions every Day.

TENDON GLIDING



STRAIGHT



HOOK



FIST

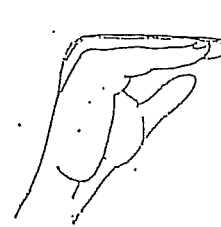


TABLE TOP



STRAIGHT FIST

1. Start with your fingers and wrist straight every time.
2. Make each type of fist 10 times. Hold about 5 seconds.
3. Do these exercises 2 times every day.