



These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If these exercises increase your pain, discontinue and contact your physician.



### Wrist Extensor Stretch

Extend your right arm out in front of you with your elbow straight. With your left hand, grasp the back of your right hand and pull your hand toward you flexing your wrist until a stretch is felt in the forearm. Hold for 15 to 30 seconds



### Wrist Flexor Stretch

Extend your right arm out in front of you with your elbow straight. With your left hand, grasp the fingers of your right hand and pull your fingers and hand toward you bending your wrist back. Hold for 15 to 30 second



### Wrist Circles

With your arm extended in front of you and with your elbow straight, move your wrist/hand in a circular motion making as large a circle as possible. Do 10 times clockwise and 10 times counter clockwise.



### Tennis Ball Squeeze

Grasp a tennis ball in your hand. Squeeze the ball tightly compressing it with your fingers. Hold the squeeze for 5 seconds. Repeat 10 times.