Wrist Exercises: Passive & Assistive

The goal of these exercises is to regain or maintain function of your wrist. It uses 2 exercise methods:

- Assistive (your non-affected hand “helps” perform the exercises)
- Passive range of motion (no active movement of the affected wrist)

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor’s office.

WRIST - Extension (Passive)

Using other hand, lift hand at wrist as far as possible.
Hold 5 to 10 seconds.
Repeat ______ times. Do these exercises ______ times per day.
**WRIST - Extension (Passive)**

Keep palm on table, using other hand on top to assist.
Raise elbow. Hold 10 seconds.
Repeat ______ times. Do these exercises ______ times per day.

*Example:* Use this position when resting palm of your hand on your hip with elbow out to the side.

**WRIST - Flexion (Passive)**

With palm on table near edge, hold steady with other hand on top.
Lower elbow. Hold 10 seconds.
Repeat ______ times. Do these exercises ______ times per day.
WRIST - Flexion (Passive)

With elbow resting on padded surface, let wrist drop down. Apply gentle downward push with fingers of other hand. Hold 10 seconds.
Repeat ______ times. Do these exercises ______ times per day.

Example: Use this position when resting chin on back of hand with elbow on firm surface.

WRIST - Radial Deviation (Passive)

With wrist and palm on table, place other hand on top to keep steady while bringing elbow inward.
Hold 10 seconds.
Repeat ______ times. Do these exercises ______ times per day.
**WRIST - Ulnar Deviation (Passive)**

With palm and wrist on table, place other hand on top to steady while bringing elbow outward. Hold 10 seconds. Repeat _____ times. Do these exercises _____ times per day.

**Health Information Resources**

For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.