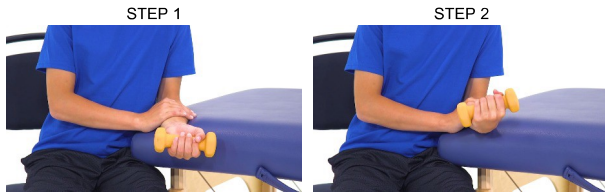


### Clinician Notes

This is a standard rehab protocol for you to do at home. If you experience any sharp pains, stop the exercise. If the exercise is uncomfortable but not painful it is okay to continue the exercise. Do not hesitate to contact [crwathletictraining.ecu.edu](http://crwathletictraining.ecu.edu) for a thorough evaluation and rehab protocol that is specific to you



#### Wrist Flexion with Dumbbell

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

1lb - 3lb weight (avoid weights 6+ lb) If you do not have a weight you can also use a resistance band (hold one end under foot on floor and the other end in your hand)

##### Setup

Begin sitting tall with your hurt arm resting palm up on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

##### Movement

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

##### Tip

Make sure to only move your wrist during the exercise.



#### Wrist Extension with Dumbbell

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

1lb - 3lb weight (avoid weights 6+ lb) If you do not have a weight you can also use a resistance band (hold one end under foot on floor and the other end in your hand)

##### Setup

Begin sitting tall with your hurt arm resting palm down on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

##### Movement

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

##### Tip

Make sure to only move your wrist during the exercise.



#### Seated Wrist Radial Deviation with Dumbbell

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

1lb - 3lb weight (avoid weights 6+ lb) If you do not have a weight you can also use a resistance band (hold one end under foot on floor and the other end in your hand)

##### Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

##### Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

##### Tip

Make sure to keep your fist facing the middle of your body.



### Seated Wrist Radial Ulnar Deviation PROM

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

Please do this with a weight in hand instead of using your hand to provide resistance (weight not pictured) 1lb - 3lb weight (avoid weights 6+ lb) If you do not have a weight you can also use a resistance band (hold one end under foot on floor and the other end in your hand)

**Setup**

Begin with your wrist straight and your elbow bent. Instead of holding your hand as shown in the video, hold a weight in your affected hand.

**Movement**

Gently bend your wrist to the left and then to the right, keeping your forearm on the table.

**Tip**

Make sure to only move through a pain-free range of motion.



### Seated Gripping Towel

**REPS: 10 | SETS: 3 | HOLD: 10 SEC | DAILY: 1 | WEEKLY: 4**

**Setup**

Begin sitting upright with your arm resting on a table, hand off the edge, holding a rolled towel.

**Movement**

Squeeze the towel, then relax and repeat.

**Tip**

Make sure to keep the rest of your arm relaxed during the exercise.



### Hand Towel Scrunching

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

**Setup**

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

**Movement**

Scrunch the towel with all of your fingers.

**Tip**

Make sure to keep your movements controlled.



### Seated Wrist Flexion and Extension with Towel Twist

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4**

**Setup**

Begin sitting upright holding a rolled towel in both hands.

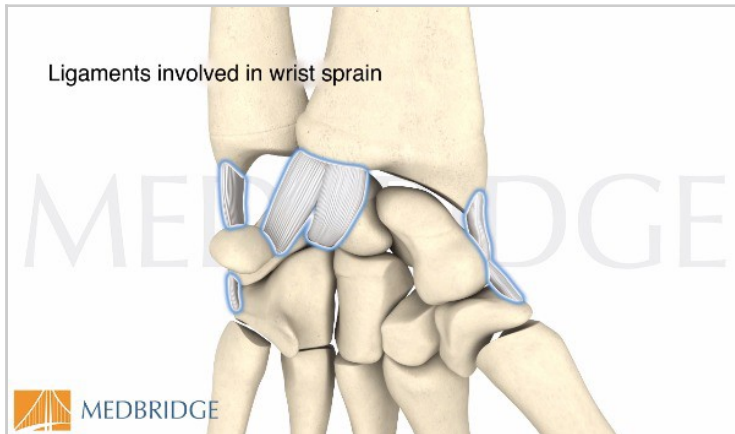
**Movement**

Twist the towel by bending one wrist forward and the other backward. Then repeat in the other direction.

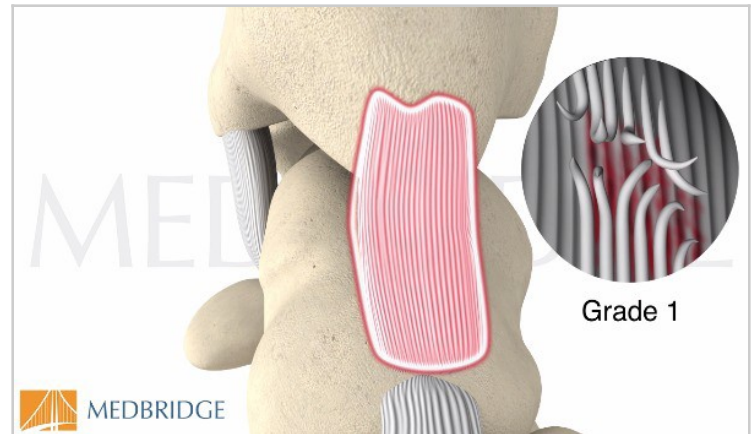
**Tip**

Make sure to keep your shoulders relaxed during the exercise.

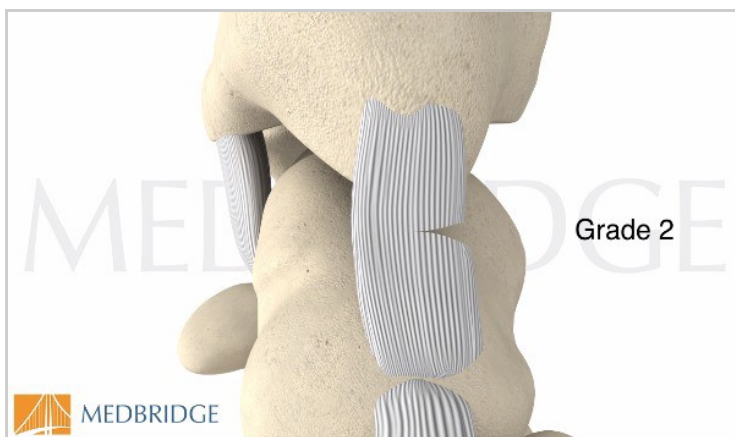
# Wrist Sprain



**Front of Left Wrist: Ligaments**



**Sprained Wrist: Grade 1**



**Sprained Wrist: Grade 2**

A wrist sprain occurs when any of the ligaments that connect the bones of the wrist are injured.

The wrist is located where your hand and forearm meet. There are many small bones in the wrist, connected by strong bands of tissue called ligaments. A common way to sprain the wrist is when you land on it during a fall. Everyday activities that involve use of tools, work activities with repeated use of the hand, and sports activities are also common ways to injure your wrist.

You may have pain or swelling in your wrist, and feel pain when you move your wrist or try to lift, carry, or grasp an object.

Therapy is important in helping you learn to protect your wrist while healing. You can also learn ways to stretch, strengthen, and manage discomfort in your wrist so you may return to the activities you enjoy without pain.