



1 Forearm Stretch & Ulna Deviation Stretch

2 Isometric Wrist Flexion

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

As a guide start with the number of prescribed repetitions and sets. You can increase or decrease based on your pain.

Try to complete this routine little and often throughout the day.

1 Forearm Stretch & Ulna Deviation Stretch



Straighten your elbow. Use your opposite hand to bend your wrist upwards. You should have your elbow crease facing towards the ceiling and your fingers pointing to the ceiling. You can increase the stretch by angling your fingers towards your little finger.

Hold 45 seconds and repeat 3 times.

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1 Forearm Stretch &
Ulna Deviation Stretch

2 Isometric Wrist
Flexion

2 Isometric Wrist Flexion



In sitting with your elbow bent at your side and palm facing down. Place the other hand onto the palm of your hand and resist downwards movement.

Hold this contraction for 20 seconds and repeat up to 8 times.