



1 Wrist Extension with Weight

2 Supination

3 Ball Squeeze

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.

Aim to complete these exercises twice a day.

1 Wrist Extension with Weight



Holding a 1-2kg weight in your hand sit down with your forearm resting on a table palm facing down. Lift your wrist up and slowly lower down.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.

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1 Wrist Extension with Weight

2 Supination

3 Ball Squeeze

2 Supination



Holding a 1-2kg weight in your hand sit down with your forearm resting on a table palm facing down. Keep your forearm on the table and turn your palm over so it faces the ceiling. Slowly return back to the starting position.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.

3 Ball Squeeze



In sitting with your elbow bent place your forearm onto a table palm facing down. Squeeze a ball making a fist.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.