# Hand, Wrist and Elbow Exercises

## Hand, wrist, and elbow exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Frequency:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger Extension</td>
<td>With your hand flat on a table, extend your finger as far as you can. Lower and repeat.</td>
<td>3</td>
<td>15-20</td>
<td>Daily</td>
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<tr>
<td>Finger Flexion</td>
<td>With your fingers straight [1], make a fist [2]. Return to the start position and repeat.</td>
<td>3</td>
<td>10-15</td>
<td>Daily</td>
</tr>
<tr>
<td>Full Fist</td>
<td>Staring with your hand straight [1], bend all of your fingers to form a full fist [2]. Hold this position for 5 seconds then return to the start position [1] and repeat.</td>
<td>2</td>
<td>10</td>
<td>2-3 times each day</td>
</tr>
</tbody>
</table>

**Radial & Ulnar Deviation**

Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger.

Sets: 1  
Reps: 10  
Frequency: 3-4 times each day

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**Wrist Flexion and Extension**

Bend your wrist down and up as far as you can.

Sets: 1  
Reps: 10  
Frequency: 3-4 times each day

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**Pronation / Supination Stretch**

With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up [1] then to face down [2]/ Add overpressure with your opposite hand for an extra stretch if required.

Sets: 1  
Reps: 10  
Frequency: 3-4 x day

Elbow Flexion and Extension
Bend and straighten your elbow as far as you can.

Sets: 3
Reps: 15-20
Frequency 3-4 times each day

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