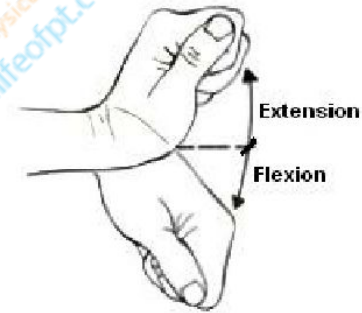


Exercises to Reduce Wrist Pain

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Wrist Flexion & Extension

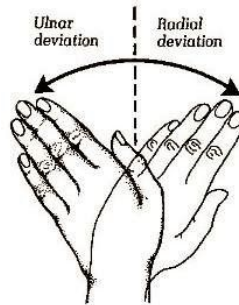


Move your wrist up and down in pain free range.

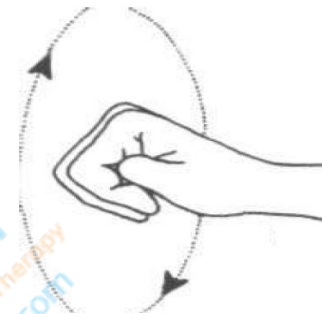
Wrist Deviation

Move wrist side to side to pain free range.

Stabilize the forearm just below elbow helps to prevent the movement of whole arm.



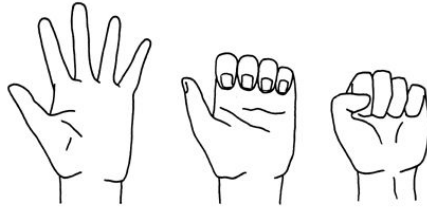
Wrist Circumduction



Move the wrist in clockwise and anticlockwise direction.

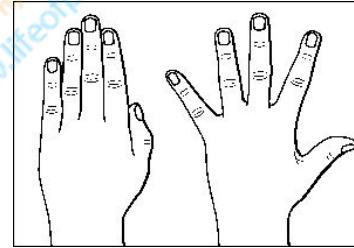
Finger Flexion & Extension

Make a fist with fingers and open it.

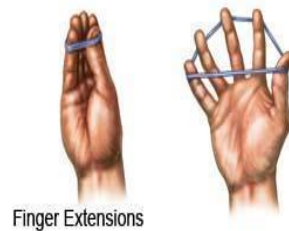


Finger Abduction & Adduction

Bring the finger close together and open it.

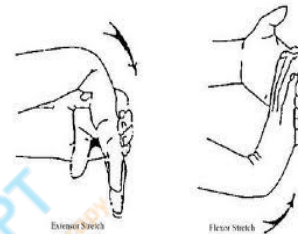


Wrist Strengthening Exercises



Finger Extensions

Wrist Stretching Exercise



Stretching the wrist.

Hold the stretch for 15 - 30 seconds with a bearable pull.

Repeat it for 3 times.