

# Isometric Exercises of Wrist

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## Wrist Flexion & Extension Isometrics:



- Place your forearm on a table.
- Place your other hand on top of hand.
- Try to lift your hand up (wrist extension), at the same time, with other hand, press gently against the hand - as if you are resisting or opposing the movement.
- Perform isometrics of wrist flexion, while trying to lift the palm up.

## Wrist Deviation:



Radial Deviation of Wrist

- Your forearm in neutral position.
- You are trying to lift your wrist upwards, in direction to the chest.
- At the same, your other hand is preventing/resisting that movement by applying force exactly opposite to that movement.
- The red arrow demonstrates the direction of force applied by other hand to prevent the wrist performing actual movement.

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**Finger Isometrics:**



For individual finger exercise, you are applying pressure on each finger with other hand in opposite direction of the movement.

**Thumb Isometrics:**



A person is trying to move the thumb upwards and applying a pressure with other hand in opposite direction.



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