JP acupuncture · wellness

Wrist Home Exercises

9 essential exercises to help prevent wrist pain

WR-Phase1

Build wrist flexibility and strength, ease discomfort, and make daily activities more comfortable.

Precautions

- Exercise only within a range that is not painful.
- Move slowly and gently.
- Stop right away if you feel sharp or severe pain.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Wrist Flexion Stretch

1. Reach your arm forward and gently press the back of your hand down.
2. Feel the stretch along the top of your wrist and forearm.

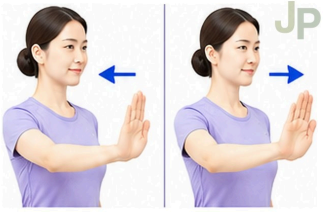
15–30 sec · each side



2 Wrist Extension Stretch

1. Reach your arm forward and gently bend your hand back, palm facing out.
2. Feel the stretch along the palm side of your wrist and forearm.

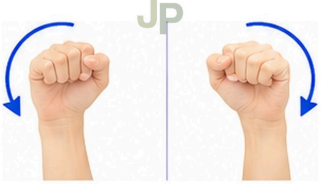
15–30 sec · each side



3 Side-to-Side Wrist Stretch

1. With your palm facing out, gently bend your wrist to one side, then the other.
2. Feel the stretch along the sides of your wrist.

10 reps · each side



4 Wrist Circles

1. Make a fist and slowly circle your wrist inward.
2. Repeat in the other direction.

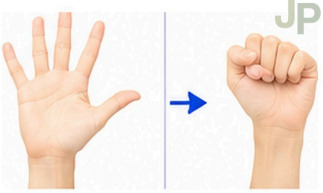
10 reps · each direction



5 Finger Stretch

1. Spread your fingers as wide as you comfortably can.
2. Slowly make a fist, then open your hand again.

10 reps · 2 sets



6 Open and Close Fist

1. Open your hand wide, then make a firm fist.
2. Slowly repeat, opening and closing.

10 reps · 2 sets



7 Wrist Curl

1. Rest your forearm on a table, hold a ball, and curl your wrist up.
2. Slowly return to the starting position.

10 reps · 2 sets



8 Wrist Lowering

1. Rest your forearm on a table, hold a ball, and slowly bend your wrist down.
2. Slowly return to the starting position.

10 reps · 2 sets



9 Ball Squeeze

1. Squeeze a soft ball firmly.
2. Slowly relax your grip.

10 reps · 2 sets

Get medical care right away if you notice:

- Severe pain, swelling, or a deformed look after a fall or injury
- Numbness or tingling in the hand that keeps getting worse, or new weakness (dropping things)
- A red, hot, swollen wrist, or fever
- Fingers that turn pale, blue, or cold

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Therapeutic Exercise Program for Epicondylitis; Cambridge University Hospitals NHS – Active Wrist Exercises (2023). These organizations have not reviewed or endorsed this material. Illustrations created with AI.