

# Weighted Wrist Exercise

## Hand Therapy



There are two aims to this exercise:

- 1) Passive flexion stretch with the assistance of the weight
- 2) Extension strengthening with the resistance of the weight

For this exercise you will need a long sock and a light weight placed inside the end of the sock.



- 1)  
With your hand in the sock and your forearm resting on a work surface (wrist over the edge), let your hand relax and your wrist flex over the edge of the surface. This will provide your passive wrist flexion stretch. If completing in combination with the below, ensure you move slowly between the two.

Alternatively, you could sustain this stretch for a reasonably long period of time, i.e., up to 30 minutes. This should be guided by your therapist.



- 2)  
From the flexed position (above), slowly lift your hand up to the sky. Try to sustain this position as guided by your therapist to help strengthen your wrist extension.

When you return to flexion (above), ensure you move slowly and control your hand back down with the weight.

- Long sock
- Forearm supported
- Start with a light weight i.e., small tin
- You can gradually build up the weight to a large tin / heavier object

## Further Information

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Please complete		Times a day
Holding each position		Seconds
Repeat		Times

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