**Routine For: CU Recreation Patrons**

**Preventative Wrist/Elbow Exercises**

**Created By:** Recreation Injury Care Center

**Prevention Tips:**

**HAND - 13  Wrist Flexor Stretch**

Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 10 seconds. Relax. Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 14  Wrist Extensor Stretch**

Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 10 seconds. Relax. Repeat 3 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 67  Elbow Flexion: Resisted**

With right arm straight, thumb forward, Holding 3-10 pound weight, bend elbow. Return slowly. Repeat 10-12 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 71  Elbow Extension: Resisted**

Lie on back, 3-10 pound weight in right hand, arm up, elbow bent and supported. Straighten elbow. Return slowly. Repeat 10-12 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 65  Wrist Ulnar Deviation: Resisted**

With right thumb down and 3-10 pound weight in hand, bend wrist up. Return slowly. Repeat 10-12 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 66  Wrist Radial Deviation: Resisted**

With right thumb up, 3-10 pound weight in hand, bend wrist up. Return slowly. Repeat 10-12 times per set. Do 1 set per session. Do 1-3 sessions per day.

**HAND - 73  Elbow Extension: Chair Stand – Resisted**

With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly. Repeat 10-12 times per set. Do 1 set per session. Do 1-3 sessions per day.

**Disclaimer:** The content of this handout is provided as general information and may not apply to specific individuals or injuries. The information is not intended to replace the medical advice of a physician.