

# WRIST & HAND EXERCISES

## Wrist Stretching 1

Extend the wrist firmly with your arm stretched out, hold for 5 to 10 seconds and repeat 5 to 10 times. Repeat the same exercise, but this time flexing the wrist with the elbow in extension. Make sure don't overstretch to avoid injury.



## Wrist Stretching 2

Stand and place your hands in a prayer stance in front of you. With your hands close to the body and palms always touching each other, move down to your waistline until you feel a mild to moderate stretch in your forearms. Hold for 5 seconds and go back up again; repeat 5-10 times. Do it 3x each day.

Step 1



Step 2



## Wrist Strengthening

Begin holding a light weight with your forearm supported by a bench & your palm facing down as demonstrated. Slowly curl your wrist and fingers up, tightening your forearm muscles. Perform 3 sets of 10 repetitions as far as possible & comfortable without pain.



## Hand Exercise

Place your arm on a table with the hand hanging over the edge, fingers spread and thumbs pointing upward. Lower your thumb until you touch the base of your pinky finger and close the rest of the fingers around your thumb. Next, move your wrist downward until you feel a stretch from your thumb to your forearm; hold for 5 seconds and repeat 5 times thrice each day.



## Gripping Exercise

Begin this wrist strengthening exercise holding a squeeze ball. Squeeze the ball as hard as possible and comfortable without pain. Hold for 5 seconds and repeat 10 times. Do it 3x each day.



These exercises should be done carefully and slowly. Each Stage should be monitored by your chiropractor or physiotherapist, who should be told of any adverse reactions.

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## SHOULDER, ARM AND WRIST EXERCISES

“Prevention is much better than Cure.” Anything that you can do to prevent the injury or any kind of problem regarding shoulder and pain from occurring is worth it. So, here are some non-stressful exercises you can add to your everyday routine that would help to maintain the stability of your shoulder.”



**NOTE:** To avoid any injuries on your shoulders, arm and wrist always remember that when you do stretching exercises don't overstretch and bounce, just stretch slowly and hold it. And for strengthening do it in normal speed and don't force the exercise if you feel any pain.

# SHOULDER STRETCHES



## Chest Muscle Stretch

Stand facing the wall and hands rested on each side level to your head. Then try to push yourself towards the wall and hold it for 5 seconds, repeat 3-5 times in each day. Make sure don't over stretch your shoulder.

## Upper Back and Shoulders Stretch

Stand or sit. Interlace fingers with palms turned out, extend arms upward until you feel the stretch. Then you can do it by bringing your arm forward and backward to stretch other muscles.

Step 1



Step 2



Step 3



## Shoulder Stretch

Bring your arm & elbow to 90 degrees, use the other hand to grasp arm just above elbow & then gently push arm towards the other shoulder. Avoid slouching & keep your head straight. Hold for 3-5 seconds. Repeat 5 times and 3x each day.

## Towel Stretch

Place right hand behind your back. With the right hand, dangle a towel behind the back. Towel should be in vertical position. **Step 1:** Gently pull the left hand upward by raising the right arm to stretch the left shoulder. **Step 2:** Pull left hand downward to stretch the right shoulder. Hold this exercise for 3 seconds. Repeat 5 times and 3x each day.



## Pendulum Exercise

Lean on a table and flex your trunk forward as shown. Allow the free arm to swing back and forth using only movements of the body and not of the arm or the shoulder. The arm must swing like a pendulum. Change the arm you are leaning on and repeat the exercise with the other arm. Do this also in circular motion. Repeat 10 times and do it 3x each day.

Step 1



Step 2



Step 3



## Wall Climbing

Stand facing the wall and the distance varies with your arm length. Place the fingertips of affected shoulder against the wall and walk the fingers up the wall until you feel a stretch in your shoulders. Hold for 3-5 seconds and repeat 5-10 times, 3x each day. Do it in sideways.



# SHOULDER STRENGTHENING

## Shoulder Exercise with Therapeutic Band

Stand or sit holding the therapeutic or resistive band with your both hands. Start your position by bringing the shoulder forward with elbow extended.

Step 2 - "Pulling Outward with Arm Overhead"



Step 1 "Pulling Outward"



Step 4 - "Backward Pulling"



Step 3 - "Pulling in Diagonal"



## Wall Push - up

Stand facing the wall and place your palms flat like you're doing a push up. Distance your arms apart so you feel comfortable. Know that the farther your hands are from each other, the harder the push up will be. With your hands still on the wall, take a couple steps back. Once you feel comfortable proceed to stand on your tippy toes. Once set, move your upper body towards the wall and then push backup. Do this over and over remembering to breathe after every push up.



Step 1 - "Starting position should be feet are together facing the wall"

Step 2 - "Push your body towards the wall"