

- Learn to frequently relax your grip.
- If you have to hold something, try to hold it in the palm up position.
- When driving an automobile, grasp the steering wheel at the 3 & 9 positions. Not only does this protect you from wrist fractures during airbag deployment, but it also puts the forearm closer to a neutral position.
- When rowing with a paddle try to fully open your fingers on the return stroke.
- Use a graphite or titanium racquet & make sure that a tennis coach goes over the proper position of the wrist when hitting backhands (figure A).
- Do not begin strengthening exercises until you are able to do the stretches without pain.

Do's & Dont's

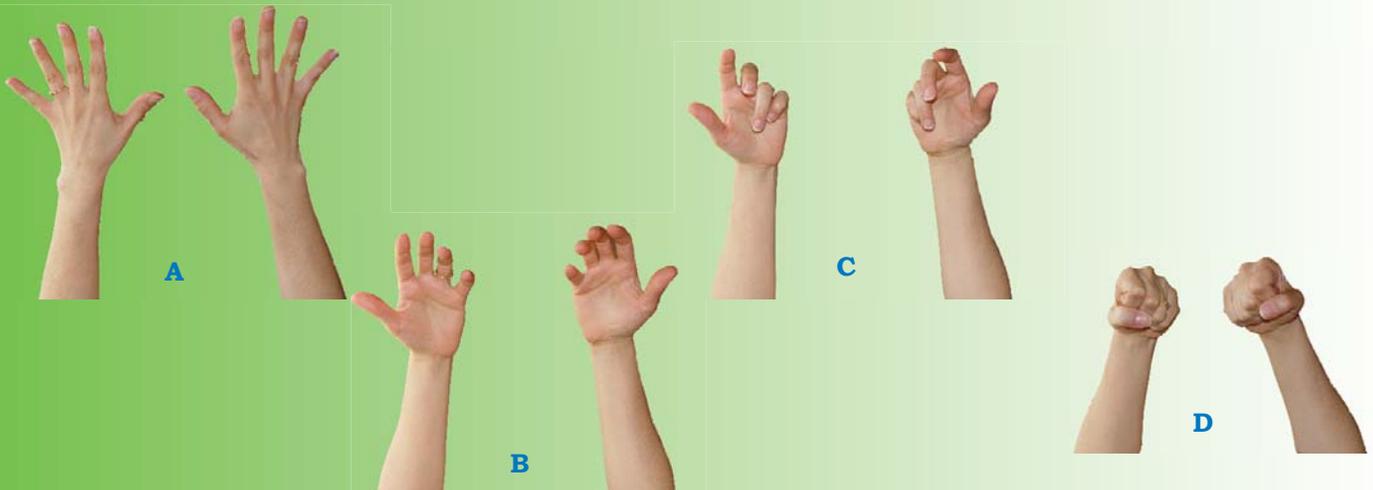


Finger Flutter Exercise



Either in the seated or standing position, allow your arms to hang down with gravity completely relaxed. Move your arms and elbows to cause a flutter-like motion at the hands, demonstrated above.

Artisans Self-Stretch



Start with your hands spread out and your palms away from you (figure A). Then, rotate your forearms around so that your palms are towards you (figure B). Next, bend your pinky finger, followed progressively by your ring, middle, index and thumb fingers (figure C). Your hand should be fist at this point and the next part is to curl your fists (figure D). Lastly, reverse the steps so you end in the beginning position & repeat the whole thing 3 times. Perform this stretch 3 times a day.

Kung-Fu Self-stretch

In the seated or standing position, keep your elbow against your side and flex it against your stomach. Point your fingers toward the ceiling and use the palm of your other hand to apply a stretching pressure (figure A). Gently, press your fingers into the palm of your hand for 3 deep breaths. Upon completion of the breathing and the flexing effort there is usually a relaxation of the muscles and the wrist will extend more. Repeat this muscle contraction & release for a total of 3 times.



Strengthening Using Exercise Equipment



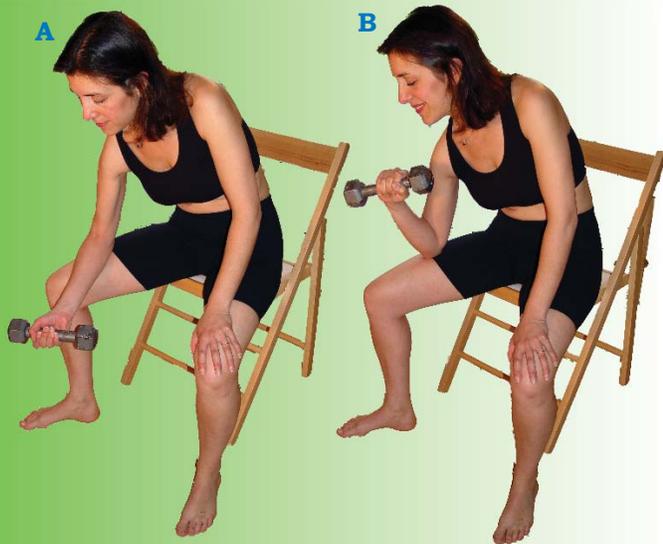
A



B

Start in the seated position facing the machine, as shown in figure A. Flex your arm while exhaling fully and not rotating your forearm, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening Using Weights



A

B

Start in the seated position with your elbow resting on your knee, as shown in figure A, holding not more than 5 lb dumbbell. Flex your arm while exhaling fully, as shown in figure B. Do not rotate your forearm. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.