

EXERCISES FOR ELBOW, WRIST, AND HAND PAIN

Sometimes, relief can be an exercise away. In addition to other recommendations by your doctor, the selected exercises can help relieve pain and strengthen your elbows, wrists, and hands.^{2,3} Your doctor has marked off those exercises that are best suited to your needs. Be sure to discuss exercise duration and number of repetitions with your doctor before changing or interrupting your exercise routine. The exercise program chosen by your doctor is designed to reduce stiffness, improve range of motion, and restore flexibility to your hands, wrists, and elbows.^{2,3}

Exercises to strengthen your elbows



Elbow bend⁴

Bend your elbow and bring your hand up so that your fingers touch your shoulder. Then, slowly lower your arm back to your side. Repeat with your other elbow.



Elbow roll⁴

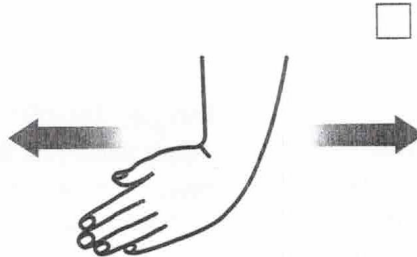
Tuck your elbow in at your side and point your thumb upwards. Roll your thumb to the outside as far as you can, so that your palm faces up. Now, roll your thumb inwards so that your palm is facing down. Finally, bring your thumb back to the starting position.

Ejercicios para fortalecer sus muñecas



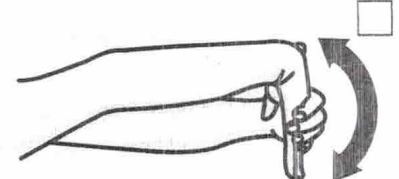
Wrist bend⁴

Start this exercise by bending your left elbow 90 degrees. Relax your fingers and grip your forearm with your right hand to hold it still. Moving only your wrist, bring your hand toward you and then extend it away from you. Repeat with your other wrist.



Wrist wave⁵

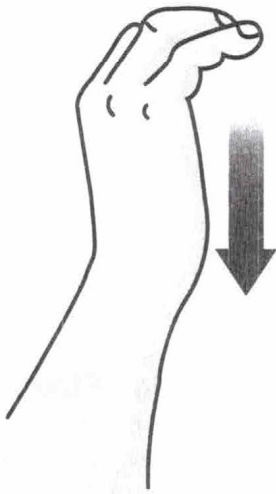
Place your palm on a table. Keeping your fingers together, move your hand from side to side.



Wrist pull⁵

Point the palm of your right hand away from you as if you are stopping someone. Using your left hand, pull the right hand closer towards you. Hold for 15 seconds. Now point down so that the right palm is facing towards you. Use your left hand to pull the right hand closer to you. Repeat with your other hand.

Ejercicios para fortalecer sus codos



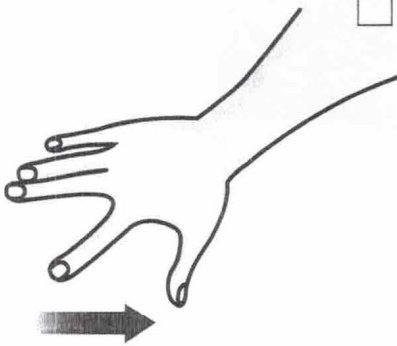
Finger tuck⁴

Hold your right hand up with your fingers and knuckles straight. Bend your fingers, while still keeping your knuckles straight, making sure they don't move. Return to the original position. Repeat with your other hand.



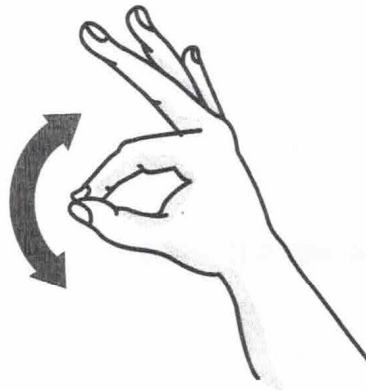
Thumb stretch⁴

Place your hand on a table, with your fingers extended and touching each other. Try to move your thumb as far away as possible from the rest of your fingers, and feel the stretch.



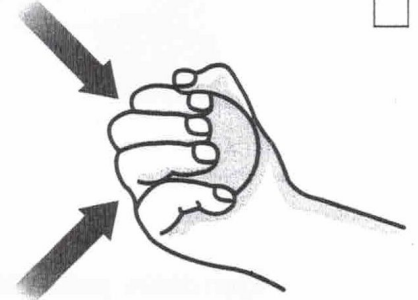
Finger slide⁴

Lay your hand down on a table with your fingers and thumb extended and touching. Slide your thumb away from the other fingers. Then slide your index finger toward your thumb, and so on for all your fingers.



Finger touch⁴

Lightly touch your thumb to each finger tip, so that you form the letter "O".



Ball squeeze⁵

Firmly hold a tennis ball in the palm of your hand and squeeze it. If a tennis ball is too hard, you can do this exercise with a sponge instead.