# Isometric Wrist Stability & Strengthening
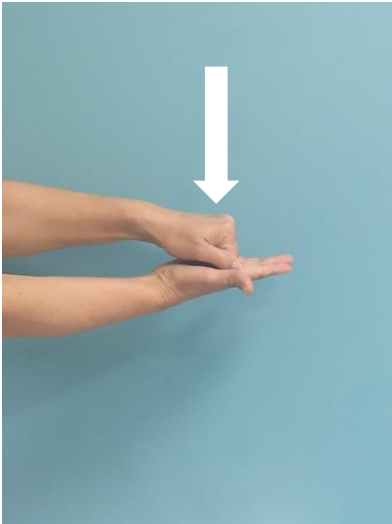
Isometric exercises are a good way to build up strength and stability in your wrist. They involve contracting or tightening the muscles, but not actually moving the wrist joint. Your other hand or a flat surface provides resistance to stop your wrist from moving, whilst you push against it. Start with a few repetitions of each, holding the muscle contraction for 3 seconds, and build up gradually to more repetitions and longer contractions if possible. You should feel the muscles working and tiring, but you should not be experiencing sharp pain or discomfort during these exercises. If you do, check your technique and positioning or contact your clinician.
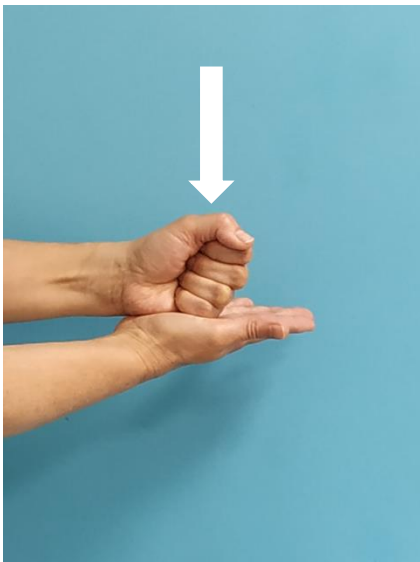

Isometric Adduction: Keep your affected wrist straight with your hand in a fist. Place the unaffected hand underneath. Push down with your fist into the other hand, or a flat surface, so you are working against it. This works the muscles without moving the wrist joint.
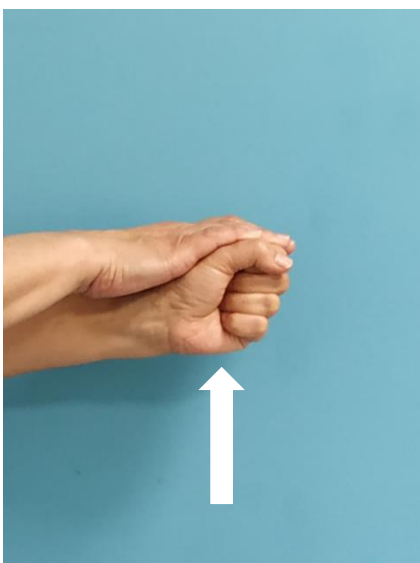
Isometric Abduction: Now place you unaffected hand over the top of the fist. Again push your fist into the hand, so that you are working against it, but keeping the wrist straight.

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Isometric flexion: With your elbows relaxed by your sides, place your affected hand in a fist and get into the position in the photo. Push down into your palm or a flat surface, with you affected wrist, no movement allowed!
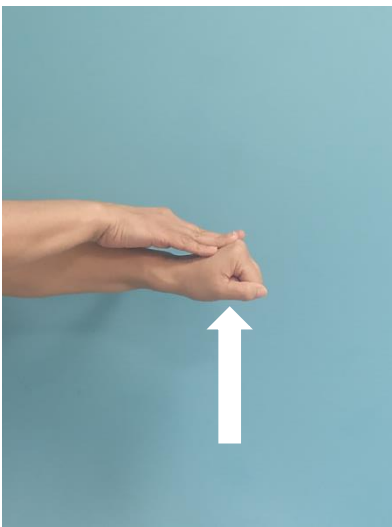
Isometric extension: In the same position, take your unaffected hand and place it on top of the affected wrist. Push up against it.

Isometric pronation: Relax your elbows down by your sides and at 90 degrees. Your forearm should be straight with your little finger resting on a surface or arm of chair. Use your unaffected hand for resistance and work against it, as if you were trying to rotate your forearm and get your palm flat on the surface.
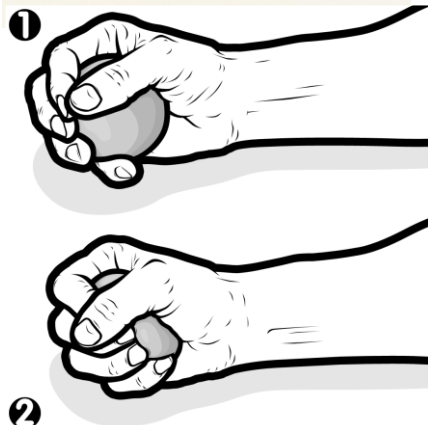
Grip strengthening: Keeping your wrist in a straight position, use a soft exercise/stress ball or a balled up pair of socks, and squeeze until your fingers are into your palm and slowly release.

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