

Triangular Fibrocartilage Complex Injuries Rehabilitation Exercises

You may do the stretching exercises when the sharp wrist pain goes away. You may do the strengthening exercises when stretching is nearly painless.

Stretching exercises

- **Wrist Range of Motion**
 1. **Flexion:** Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
 2. **Extension:** Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
 3. **Side to side:** Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.
- **Wrist stretch:** With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets on each hand.
- **Wrist extension stretch:** Stand at a table with your palms down, fingers flat, and elbows straight. Lean your body weight forward. Hold this position for 15 seconds. Repeat 3 times.
- **Wrist flexion stretch:** Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight. Lean away from the table. Hold this position for 15 to 30 seconds. Repeat 3 times.
- **Forearm pronation and supination:** With your elbow bent 90°, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90° throughout this exercise. Do 3 sets of 10.

Strengthening exercises



- **Wrist flexion:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- **Wrist extension:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- **Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

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Wrist Range of Motion



Wrist stretch



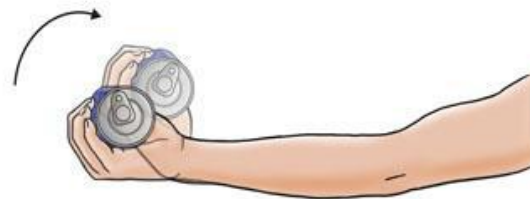
Wrist extension stretch



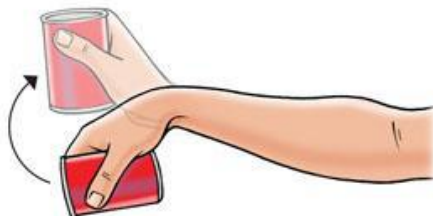
Wrist flexion stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Grip strengthening