

Wrist and Elbow 20 Minute Protocol

Wrist Stretches:

1. Wrist Stretch Both at the Same Time:

- Place palms on the floor with fingers pointing toward you. (With or without PVC)
- Keep elbows straight and walk knees backward until you feel a good stretch.
- Make sure your elbows are not hyperextended!!!!
- Now do the same thing with your elbows bent.

YES:



NO:



2. Wrist Stretches (one at a time):

- Support your wrist by placing your opposite hand around the base of your wrist. (Make a U with your hand and put it on the back of your hand)
- Place your fingers toward you with your palm down and stretch your wrist.
- Bend your elbow, stretching your wrist.



3. Handstand Stretch Back against the wall:

- Do a handstand with your back facing the wall.

- Walk yourself away from the wall leaving feet against the wall.
- Hold for 20 seconds.



Wrist and Elbow Strengthening:

4. Wrist Rolls using the wooden bar with weight attached:
 - Bend your elbows and place them at your sides.
 - With your palms down roll the weight/rope all the way up.
 - Slowly lower the weight/rope back down with control.
 - **Repeat the process with your palms up.**



5. Porcupine Push-ups:
 - Place your hands on porcupine balls with the flat side up.

- Do push-ups with hands as close as possible.
- Do push-ups at shoulder width.
- Do push-ups with arms as far to the side as you can manage.



6. Handstand Wrist Exercise:

- Face the wall and do a wall handstand.
- Place one hand on slider.
- Circle slider in one direction and then the other direction.
- Switch to the other side.



7. Arm Curls in Standing:

- Place weight in your hand and straighten arm at your side.

- Do an arm curl with your palm up by slowly bending arm and slowly lowering back to starting point. Do not lock out your elbows! Stop just before your arm is fully straight.
- Do the same with you palm down.
- Do the same with your thumb pointing upward.



8. Elbow Extension:

- Begin with elbows bent to 90 degrees.
- Pull Theraband straight downward.



9. Begin in a wide plank position with hands on sliders.

- Shift weight to one arm.
- While keeping your elbow straight make small circles in one direction for 30 seconds, and then the other arm for 30 seconds.
- Make sure your hips stay raised in a plank.



10. Eccentric pull-ups:

- Begin in chin-up position on a bar. (You can climb up or step off a block,)
- Slowly lower yourself from chin-up position to hanging straight.



Theraband Exercises:

11. Wrist slider out (Palms down):

- Start in standing with your elbows at your sides and bent to 90 degrees.
- Put a theraband around both hands on the pinky side of your hand. (palms down)
- Push the theraband out to the sides in a windshield wiper fashion.



12. Wrist Slider Out (Palms Up):

- Start in standing with your elbows at your sides and bent to 90 degrees.
- Place theraband around the thumb side of your hand with your palm up.
- Push the theraband out to the sides in a windshield wiper fashion.

