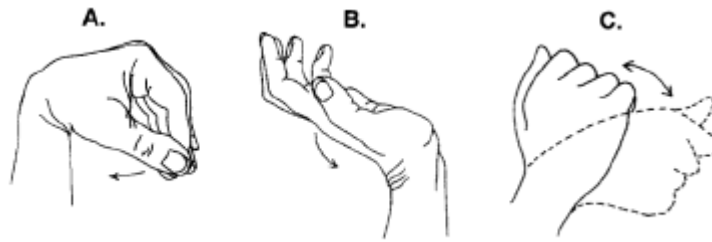




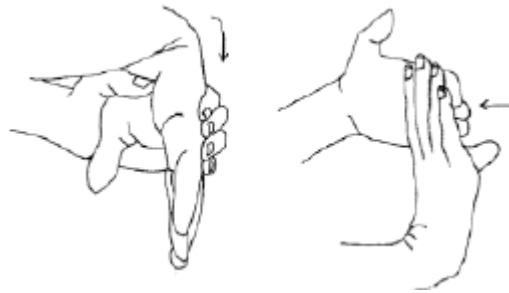
Πρωτόκολλο αποκατάστασης παθήσεων καρπού

You may do stretching exercises 1 through 5 when the sharp wrist pain goes away. You may do strengthening exercises 6 through 8 when stretching is nearly painless.



1. **Active range of motion** :

- A. **Flexion:** Gently try to bend your wrist forward. Hold for 5 seconds. Repeat 10 times. Do 3 sets.
- B. **Extension:** Gently bend your wrist backward. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets.
- C. **Side to side:** Gently move your wrist from side to side, holding 5 seconds at each end. Repeat 10 times. Do 3 sets.

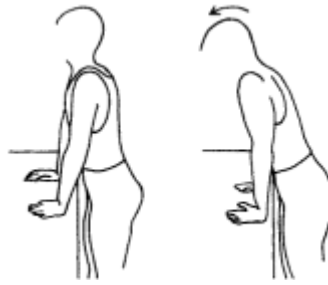


2. **Stretching:** With your uninjured hand, help to bend the wrist down by pressing the back of your hand and holding for 15 to 30 seconds. Next, stretch it backward by pressing the fingers in a backward direction and holding for 15 to 30 seconds.



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3. **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 to 30 seconds.



4. **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.

5. **Pronation and supination of the**



forearm: With your elbow bent 90 degrees, 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 degrees throughout this exercise. Repeat this 10 times.

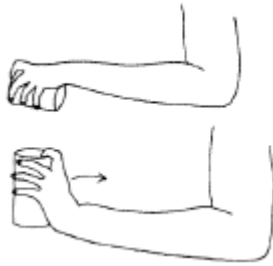


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6. **Wrist flexion exercise:** Holding a can or hammer handle with your palm up, bend your wrist upward. Slowly lower the weight and return to the starting position. Repeat 10 times. Do 3 sets of 10. Gradually increase the weight of the can or weight that you are holding.



7. **Wrist extension:** Holding a can or hammer handle with your palm facing down, slowly bend your wrist upward. Slowly lower the weight down to the starting position. Repeat 10 times. Do 3 sets of 10. Gradually increase the weight of the object you are holding.



8. **Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Repeat 10 times.