Suggested Gymnastics Wrist Exercises

If you are having any pain, seek medical guidance before starting any exercise program.

These exercises work muscles in positions that help build wrist flexibility and strength for gymnastics. **If exercises cause pain, discontinue immediately and seek medical guidance.**

Exercises should be always performed using good form. If form is breaking down, use a lighter weight or do fewer repetitions.

Exercise	Sets x Repetitions	Comments
Self-myofascial release w/ forearm roller or lacrosse ball	1 min/region	Front and back of forearm. If you find a trigger point, hold over that spot for 30 sec.
Prayer stretch for ROM	10 sec hold x10	Press palms together with elbows out to the side, lower hands to stretch wrists.
Weight-bearing wrist extension and flexion stretch	10 sec hold x5 each	Kneeling position -palms on floor, rock forward until you feel a gentle stretch -back of hand on floor, rock backward until you feel a gentle stretch
Wrist extension, flexion, radial deviation (thumb up)	3x10 1 sec up/3-5 sec lower	Use resistance bands or dumbbells 1-5 lbs
Wrist circles	X20 clockwise/counterclockwise	1-5 lbs dumbbells
Forearm pronation with TheraBand flex bar	2x10	Grip flex bar with both hands. Make a “U” shape with the flex bar
Forearm supination with flex bar	2x10	Grip flex bar with both hands, make an upside down “U” shape with the flex bar
Flex bar: Open jar/close jar rotations	X20 each	Hold bar vertical grasping top of bar for twisting
Finger extension/opening with rubber bands/TheraBand web	X20	Place tight rubber band around fingers toward furthest knuckle joint; or use TheraBand web
Thera putty or stress ball squeezes	1 min	Squeeze continuously for 1 min
Finger flexion with TheraBand web	X20	Place tips of fingers in web: keeping fingers straight, pinch them together (think “sock puppet” motion)