

I'm not robot!

Two people performingwrist curls.

Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS, Fitness — Written by Amber Petty on August 27, 2020ExercisesHabits for healthy wristsPreventing injuryTakeawayAction movies have taught us anything, it’s that most of us will spend a few moments hanging off the precipice of a building at some point in our lives. In order to survive, you’ll need strong wrists.Even if you don’t spend any time hanging on for dear life and quipping with villains, strong wrists can help make daily tasks easier. Whether you’re typing, carrying groceries, doing pull-ups, or opening that impossible jar, wrist strength and flexibility are key.Share on PinterestWith these stretches and exercises, you’ll keep your wrists strong and avoid injury.Put a pause on leg day — wrist day is where it’s at. To strengthen your wrists, you actually need to strengthen your forearms and increase mobility in your wrist joints. Wrist movement involves 35 muscles!Your wrist connects your forearm to your hand — that joint needs to stay loose so you can still type 100 words per minute. And all those forearm muscles need to stay strong so you can grip those Costco groceries like a pro.Especially if you sit at a computer all day, your wrists and forearms can develop repetitive motion injuries or ailments like carpal tunnel syndrome. By giving your wrists a little love and exercise, you may be able to avoid these aches. Even if you’re a more trying injury like tennis elbow, simple at-home exercises can relieve pain.Unless you’re Popeye the sailor man, you likely don’t spend a lot of time on bulking up your forearms. With all these exercises, start with no weights or very light weights so you don’t overstress these relatively small muscles.WarmupsAs with any other form of exercise, you want to warm up a bit before diving in to wrist exercises.If you have any pain or stiffness in your wrists, place a warm towel or heating pad on the area for about 15 minutes. It’s a very literal warmup, but it’ll help increase blood flow and flexibility to the area before you start your exercises. If you aren’t feeling stiffness or pain, simply walk around for a minute or two. This easy cardio gets your blood flowing and lets your wrists and forearms move naturally. You don’t need a complicated warmup for wrist exercises, but it’s best to do a bit of activity so you aren’t accidentally working, stretching, and possibly injuring cold muscles.Note: If you ever feel pain with any of these exercises, stop! Listen to your body and never push to a point of discomfort.Palms to the sky/Palms to the floorShare on PinterestThis gentle exercise gives a tiny stretch to your wrists while building strength.While sitting or standing, hold your arms out in a T position.Rotate hands so palms are facing up.Rotate hands so palms are facing down.Repeat 10 times.Try to keep your shoulders and neck relaxed. The movement should be just in your wrists, not your arms, elbows, or shoulders.Flirt to jazz handShare on PinterestThis is another gentle exercise that focuses on hand flexibility and strength.Rest one arm on a table, like you’re about to arm-wrestle someone.Make a fist.Slowly open the fist and stretch your fingers out as wide as they can comfortably go (do a jazz hand).Repeat 10 times, then switch arms. Singing “All That Jazz” is optional.RotationShare on PinterestYou can do this with no weights, light resistance bands, or 1–5 pound dumbbells. Start with no weights and add weight only if you feel no pain.Sit with your arms bent to 90 degrees and forearms out in front of you with palms facing down. Hold a light resistance band or dumbbells, or go weight-free and pretend you’re holding something.Slowly rotate your hands so your palms are facing up.Slowly rotate your palms back to the starting position.Repeat 10 times.Wrist curlsShare on PinterestYou can do this exercise with a resistance band, a dumbbell, or just bodily resistance. If you’re using a light resistance band, hold one end of the band down with the bottom of your foot and grab the other end with your working hand. For dumbbells, stick with 1–5 pounds, depending on your level.Sit and hold your arm at 90 degrees, with palm facing up. Arm can rest on your leg, a bench, or a table.Curl your wrist up, like it’s doing a baby biceps curl.Return wrist to the starting position.Repeat 10 times, then switch sides.Be sure to move only your wrist. This isn’t a biceps curl, it’s a wrist curl, so keep your arm and shoulder still while your wrist does all the work.Pronated wrist curlShare on PinterestThese are pretty much upside-down wrist curls. You can use a dumbbell, a band, or nothing at all!Sit and hold your arm at 90 degrees, with palm facing down. Curl your wrist up.Return wrist to the starting position.Repeat 10 times, then switch sides.As with the previous move, make sure the movement is only in your wrist. You may want to position your arm so your wrist can hang off your leg or a bench. If you start starts by hanging down about 90 degrees, you’ll get a better range of motion for the exercise.SqueezeShare on PinterestYou can squeeze just about anything in this one. Try a tennis ball, hand grip exerciser, or towel. While standing or sitting, hold your ball (or squeezable thing of choice) with your right hand facing up.Squeeze your squeezeezy thing as hard as you can for 3 seconds. Slowly releases your grip.Repeat 10 times, then switch sides.Strength can help your wrists, but it’s only part of the picture. Light stretches can keep these joints mobile and relieve the stress of typing all day. You can do these simple stretches at your desk, in bed, at a red light, or whenever you want to get in a little extra wrist mobility.Forearm muscles can get tight from the many repetitive tasks they do all day. Simple stretches help relieve that discomfort and prevent greater damage. Wrist extensionHold right arm straight out in front of you, with hand up like you’re saying “Stop!” In the name of love.
” With left hand, gently pull right hand back until you feel a stretch in right forearm.Hold for 15 seconds, then switch arms. Repeat the sequence 5 times. Be gentle! You don’t want to pull anything, so go slowly and don’t force any movements.Wrist flexionThis is the opposite of the last stretch.Hold your right hand down with wrist at 90 degrees. With left hand, gently press right hand back toward your body until you feel a stretch across the back of right hand and wrist. Hold for 15 seconds, then switch arms. Repeat the sequence 5 times.Namaste stretchPress your palms together in a Namaste pose right under your chin, with elbows out to the sides. Lower hands toward belly button, keeping palms glued together.When you feel a stretch, hold it there for 30 seconds. Repeat 2–4 more times — whatever feels good.For healthy wrists, the best defense is a good offense. You can do these exercises and stretches all you like, but if you have poor wrist habits the rest of the day, they’re not going to help. Typing at a keyboard is a big culprit of wrist pain. When you’re at a computer, your forearms should be parallel to the floor with your wrists in a neutral position. Your hands shouldn’t always be at an angle — they should be pretty much in line with your arms to reduce strain.You may need to adjust your keyboard position or use wrist rests to get your hands into a comfortable place. Though it might feel easier to type hunched over in your chair with your wrists going at any angle, that can cause you a lot of pain in the long run.If you don’t have good wrist posture, you may develop strains and ailments like carpal tunnel syndrome. Nerves in your forearm get pinched, causing numbness, weakness, and pain in your hands.Once you have the symptoms of carpal tunnel, they can take a long time to fix. But you may be able to avoid the symptoms of carpal tunnel by strengthening your wrists every day and making sure you have an ergonomic workstation, your wrists should stay flexible, strong, and happy.Don’t ignore wrist wrists. If you take a broom [1] Stand with your arm at your side and hold a golf club by the end of the handle. Using only your wrist, slowly point it toward the sky, then point it back down again. Repeat until you feel a good “burn” in your forearm. For an extra challenge, start with a light club, then work your way up to your heavier ones. 4 Try doing wrist circles. These minimum-resistance exercises are great for quick breaks at the office or in situations where you can’t do more complicated exercises (such as when you’re on an airplane). They’re sometimes also used in physical therapy situations, but don’t let that stop you if you’re perfectly healthy, as wrist circles can be a great relaxer if you’re feeling “all wound up.” Stand or sit with your hands out in front of you, palms down. Move your wrists in a slow circular motion to the left, then back to the right. You may want to clench and unclench your fists as you do this to add an extra degree of motion to the exercise. After you’ve worked out any kinks, turn your palms over and start over. 5 Try resistance band exercises. Resistance bands are large, elastic strips of rubbery material which are often used for physical therapy purposes, but they’re also great for building strength even if you’re not recovering an injury. You’ll need a sturdy resistance band for these exercises — usually, these are available at exercise stores, but you may also be able to get them from physical therapy centers. Below are two resistance band exercises for your wrists you may want to try out: Wrist flexion: Loop the resistance band over the fingers of one hand, then stand with your arm at your side, your elbow bent at a 90-degree angle, and your hand palm-up in front of you. Put the other end of your resistance band under your foot or attach it to the floor. Curl your wrist upwards as far as you can, then let your hand relax back down and repeat. Keep your forearms steady as you do this. Note that this exercise is very similar to the wrist curl described above. Wrist extensions: Identical to wrist flexion, except with your hand turned palm-down. This exercise is very similar to a standing wrist curl. 6 Try the rice bucket workout.This unconventional exercise doesn’t have much in common with the others on this list, but it’s simple to set up and perform and it’s quite effective at building wrist and forearm strength. In fact, some baseball teams recommend it for their players as a way to build wrist strength.[2] All you’ll need for this exercise is a container wide and deep enough that both hands fit in it comfortably without touching each other and enough rice to bury your hands in the container. Start by pouring the rice into the container. Plunge your hands into the rice until they are buried up to your wrists. Next, make the following motions with your hands and repeat until you feel a good burn — the resistance of the rice being pushed by your hands will exercise your wrists a surprising amount. Clench your hands into fists and turn them in circles back and forth. Open your hands and turn them in circles back and forth. Open and close your hands while submerged in the rice. Move your hands up and down. Make wrist curl movements with your palms facing you. Make reverse wrist curl movements with your palms facing away from you. Advertisement 1 Try wrist curls as a good “bread and butter” exercise. Wrist curls are one of the quintessential wrist and forearm exercises. To do a wrist curl, you’ll need a weighted dumbbell (you can also use a barbell to hit both hands at once).[3] Sit at a bench or bicep curl rack. Hold your dumbbell so your palm faces upwards. Using only your forearm muscles, curl the dumbbell up toward your wrist as far as you can without bending your elbow. Lower the dumbbell back down and repeat the curling motion. Repeat for both arms.[4] Do three sets of 15 reps or until you feel sufficiently fatigued. Unless otherwise noted, these set recommendations hold true for all exercises in this article. You can also do this exercise at home with a soup can or a jug of milk in place of a dumbbell. 2 Use reverse wrist curls to work the other side of your wrists. Reverse wrist curls are just what they sound like — normal wrist curls performed backwards. These are great to do right after a few sets of ordinary wrist curls to ensure that you work out all of your wrist muscles. Sit on a bench. Rest one forearm on your thigh so that your hand extends beyond your knee. Take a dumbbell and hold it so your palm faces downward. Let the dumbbell hang limp in your hand, then, using only your wrist, pull it up so it is level with the rest of your arm. Lower the dumbbell back down and repeat the raising motion.[5] Repeat for both arms. 3 Try wrist rolls for a challenge. These exercises may look unconventional, but if you can power through them, they’re highly effective at strengthening your wrists. For this exercise, you’ll need a sturdy stick or rod (like a broom handle or a dumbbell without weight on it. Tie a modest weight (like five or ten pounds) to the end of a sturdy string and tie the other end to the center of the rod. Hold the rod out in front of you and let the weight hang at the end of its string. Your palms should be facing down. Start to turn the rod with your arms — the string should start winding up and the weight should start climbing towards the stick. Stop when the weight touches the stick. Then, carefully roll it back down to the floor. Do not stop or let yer arms fall throughout this exercise. Repeat for three to five windings or until you are sufficiently fatigued. 4 Try two-hand pinches. This challenging exercise uses heavy barbell plates, making it a good choice for those who are already strong and want to take their wrist and forearm strength to the next level. Because these plates can cause serious injury if they are dropped, you may want to stick to the exercises above if you aren’t already an experienced gym-goer. Place two barbell plates of the same size on the floor in front of you so that you are facing their wide edge and so that they are touching each other. Grip both plates at once over the top — your fingers should be on one side of the plates and your thumbs should be on the other. Lift the weight off of the ground and hold it in front of your hips as if you were doing a deadlift. Pinch the weights together to keep them from slipping. Hold for 30 seconds (or as long as you can), then set the weights back down.[6] Repeat for 3-5 sets or until you are sufficiently fatigued. Perform this exercise while sitting on a bench and hold the weights well away from your feet. If you must stand, keep a wide stance. If you keep your feet together, the plates are more likely to hit them if they slip out of your hands. 5 Use grip-based exercises to indirectly improve wrist strength. A huge variety of gym exercises that don’t directly target the wrists still rely on grip strength and thus will indirectly work the forearm and wrist muscles. If you’re serious about improving your wrist strength, try adding more of these exercises to your workout schedule to give yourself extra opportunities throughout your week. Below is a short list of exercises that use forearm/wrist grip strength for support — there are many more (you’ll notice that all involve gripping a bar or handle to move weight.) Pullups Chin ups Bicep curls Deadlifts Seated rows Lat pulldowns Chest presses Chest flies Shoulder presses. 6 Don’t forget wrist stretches for improving flexibility. Just like the other muscles you train at the gym, wrists need stretching to maintain flexibility and keep them feeling great from week to week. In addition, regularly stretching your wrists is one way to stave off painful conditions like carpal tunnel syndrome that can develop over time as the body matures. Below are a few recommended wrist stretches:[7] Prayer stretches: Start with your palms together in front of your chest. Slowly lower your palms (keeping them together) until your forearms form a straight line. This should look a little like you’re praying and you should feel a gentle stretch in your forearms. Hold this stretch for 30 seconds and repeat several times for best results. Wrist flexor stretch: Extend one arm in front of you with the palm facing up. Point your hand at the floor by bending your wrist — don’t turn your arm. Apply gently pressure with your other hand until you feel a moderate stretch. Hold for 30 seconds, then switch hands. Advertisment 1 Adjust your normal pull-up grip by keeping your thumbs under the bar and your wrists kinked forward. Basically, you want the palm of your hand to be directly underneath the bar. This will make your pull-ups a lot harder, but they will target more of your wrists. This requires a ton of forearm strength to pull off -- these exercises are for further training, not beginners.[8] 2 Try a “hexus” pull-up by cupping your hands over the top of a larger bar, touching only with your fingertips and the heel of your hand. Incredibly difficult but worth the effort, this pull-up variation requires you cup your hands on top of a beam or bar so that all of your stabilization comes through the wrist. Start with 1-2, building up until you can do full sets of 8-10. 3 Hold your pull-up position, instead of moving up and down, to build strength. Get into position and hold it, aiming for 45 seconds to a minute at a time. Rest for a little longer than you worked out (if you held for 45 seconds, rest for a minute or so) and then repeat two more times. Any exercise where you must hold your wrists in position while fighting tension will increase your wrist strength. To make it even harder: Pull the lower half of your torso up so that it is parallel to the ground. Use the grips mentioned above.[9] 4 Consider using ball-grips for pull-ups. These will work your wrist in multiple ways, which is key to avoid only training certain muscles. They hang from the pull-ups bar to provide triceps, rounded grips, which will significantly increase forearm, finger, and wrist strength. You could also use hanging “rock holds,” used to help train rock climbers. They can be found at many gyms already, even if they don’t have a wall.[10] 5 Do forearm push-ups against a wall. Stand 5-6 feet away from a wall, leaning towards it so that your hands support you. You’ll be diagonally pointed to the wall. Push off your fingers so that the heel of your hand rises off the wall. Then slowly lower them back out and repeat. Perform 15-20 reps. Move further and further away from the wall to increase the challenge. 6 Try wrist pushups. This will hurt if you're not trained, so start on your hands and knees before moving into a plank push-up position. Instead of a normal palms-on-the-floor push-up, curl your hands back towards your feet and rest on the back of your hands. Perform the pushups like normal. Try them as well with the outside edge of your hands. Can you “walk” forward on your feet and the blades of your hands?[11] 7 Try knuckle push-ups. You can also start by resting on your knuckles, with your hands in a fist. This is often a good middle-ground to strengthen your wrists, though you’ll need to harden your knuckles first or it will be painful. Try this first on soft surfaces, like carpet or spongy gym floor. 8 Do handstands on solid ground and parallel bars. These full-body holds put a lot of pressure on your wrists, and if you can’t keep them stable and strong, you won’t be able to hold yourself up. Don’t worry if you can’t do a full handstand just yet -- you can rest your feet on a wall to keep balance without significantly compromising the wrist workout.[12] Really ready to test yourself? Try a handstand push-up. Simply bend your elbows out to lower yourself to the ground slightly, then push back up to a full handstand. This is much easier with the wall for support. Advertisment Add New Question Question What exercises strengthen your wrists? Pete Cerqua Certified Personal Trainer Pete Cerqua is a Certified Personal Trainer and Nutritionist. Pete is also a five-time best-selling author of books including “The 90-Second Fitness Solution” and “High Intensity Fitness Revolution for Women/Men” published by Simon and Schuster and Skyhorse Publishing. Pete has over 20 years of personal training and nutrition coaching experience and operates the 90-Second Fitness flagship studio in New York City. Question Can I do some of these exercises every day? I also have an injury in my wrist, as long it doesn't hurt. Can I train this kind of training everyday? Question I just turned 13. How can I strengthen my wrists? Michele Dolan Certified Fitness Trainer Michele Dolan is a BCRA certified Personal Trainer in British Columbia. She has been a personal trainer and fitness instructor since 2002. Ask a Question Advertisement Thanks! Thanks! Advertisement Thanks! 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A woman performing a wrist curl exercise with a dumbbell, a common method for increasing forearm strength.

The *wrist* is the part of the hand and forearm between the elbow and the fingers. It is a hinge joint that connects the forearm to the hand. The wrist is a complex structure made up of several bones, ligaments, and tendons. It is responsible for allowing the hand to move in various directions and for supporting the weight of the hand and fingers. The wrist is a vulnerable area and is prone to injury, particularly from repetitive motions and overuse. Common wrist injuries include carpal tunnel syndrome, tendonitis, and sprains. Wrist pain can significantly impact daily activities and quality of life. There are several exercises that can help strengthen the wrist and forearm muscles, which can help prevent injuries and improve overall hand function. These exercises can be performed with or without weights and should be done regularly as part of a fitness routine or rehabilitation program. It is important to start with low resistance and gradually increase it as strength improves. Consulting with a healthcare professional is recommended for anyone experiencing wrist pain or injury.

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The upper limb bones: humerus, radius, ulna, carpals, metacarpals, and phalanges. The forearm bones are the radius and ulna. The wrist bones are the carpals. The hand bones are the metacarpals and phalanges.

The **wrist** is the part of the hand and forearm between the elbow and the fingers. It is a hinge joint that connects the forearm to the hand. The wrist is a complex structure made up of several bones, ligaments, and tendons. It is responsible for allowing the hand to move in various directions and for supporting the weight of the hand and fingers. The wrist is a vulnerable area and is prone to injury, particularly from repetitive motions and overuse. Common wrist injuries include carpal tunnel syndrome, tendonitis, and sprains. Wrist pain can significantly impact daily activities and quality of life. There are several exercises that can help strengthen the wrist and forearm muscles, which can help prevent injuries and improve overall hand function. These exercises can be performed with or without weights and should be done regularly as part of a fitness routine or rehabilitation program. It is important to start with low resistance and gradually increase it as strength improves. Consulting with a healthcare professional is recommended for anyone experiencing wrist pain or injury.

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