



Supporting Weak or Fatigued Wrists

Enjoyable Movement for Every Body

Weak or fatigued wrists can make everyday activities more challenging than they need to be.

Tasks such as carrying shopping bags, typing, gardening, lifting objects, or pushing yourself up from a chair all place demands on the wrists. When the muscles around the wrist become weaker or less conditioned, these activities can start to feel more difficult or uncomfortable.

Like many areas of the body, the wrists can often benefit from gradual and appropriate strengthening.

Why it Matters

The wrist is a highly mobile joint that helps position the hand for countless everyday tasks.

Strong and well-conditioned muscles around the wrist can help:

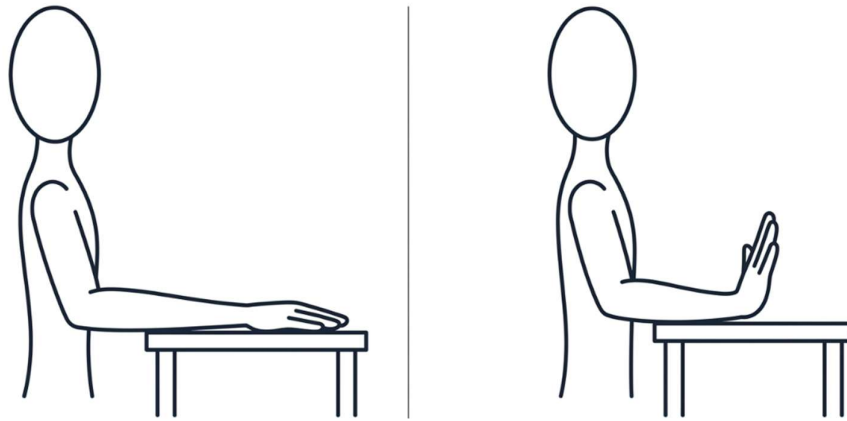
- Improve confidence using your hands
- Support everyday lifting and carrying tasks
- Improve tolerance to repetitive activities
- Assist with weight-bearing through the hands
- Maintain independence with daily activities

Simple moves

Wrist Extension

Helps support: Wrist and forearm strength

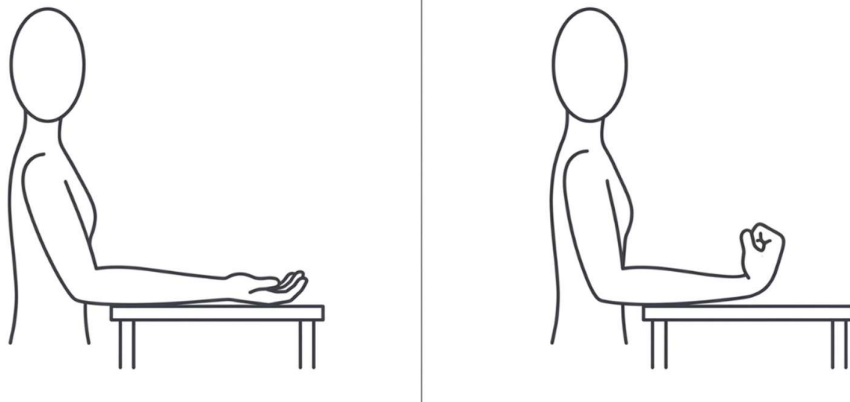
Place your forearm on a table or your thigh with your palm facing down and your wrist hanging just beyond the edge. Holding a light weight such as a small dumbbell or water bottle, slowly lift your hand upward, then lower back down with control.



Wrist Flexion

Helps support: Wrist strength and control

Rest your forearm on a table or your thigh with your palm facing upward. Holding a light weight, slowly curl your hand upward at the wrist before lowering back down with control.

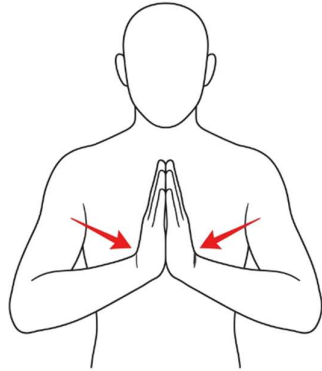


Wrist Isometric Hold

Helps support: Wrist stability and endurance

Place your palm against the other hand and gently push without allowing movement. Hold for 5–10 seconds before relaxing. Repeat in different directions if comfortable.

This can be a useful starting point for people who find movement uncomfortable.

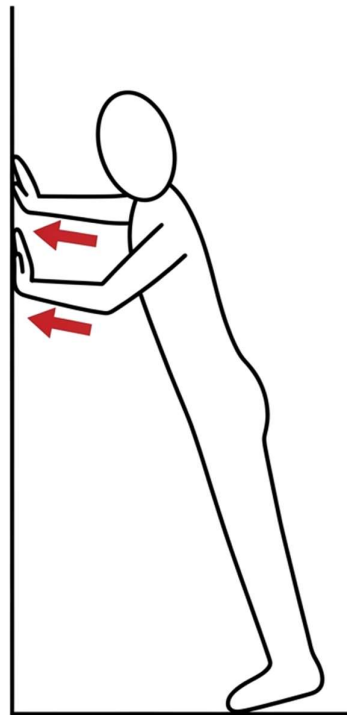
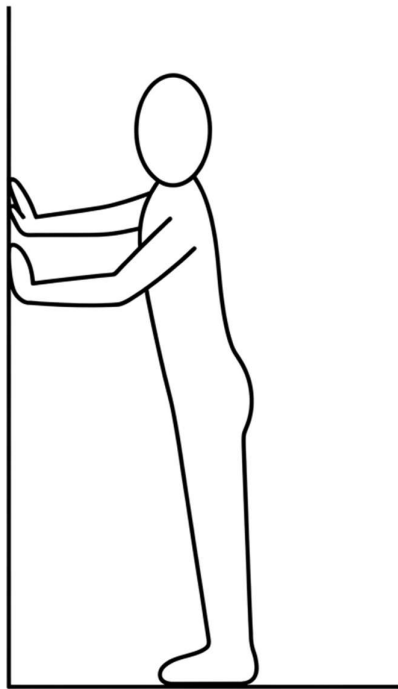


Wall Weight Shifts

Helps support: Confidence with weight-bearing through the wrists

Stand facing a wall with your hands placed against it at shoulder height. Gently shift your weight into your hands and wrists before returning to the starting position.

Begin with light pressure and gradually increase as comfortable.



Helpful Tips

- Start small
- Move slowly and with control

- Consistency matters more than intensity
- Build gradually over time

Takeaway

Weak wrists do not always mean there is damage present.

Often, the muscles supporting the wrist simply need gradual and consistent conditioning. Starting with gentle exercises and progressing over time can help improve confidence, strength and everyday function.

How an Exercise Physiologist Can Help

An Accredited Exercise Physiologist can assess your wrist strength, movement patterns and daily activity demands to develop an individualised exercise program.

Whether your goal is carrying shopping bags, returning to hobbies, improving confidence in the gym, or simply making everyday tasks easier, exercise can be tailored to your needs and abilities.

To book a personalised Exercise Physiology session with Kita visit www.kitasuggphysiology.com.au