

# *eSportwissende*

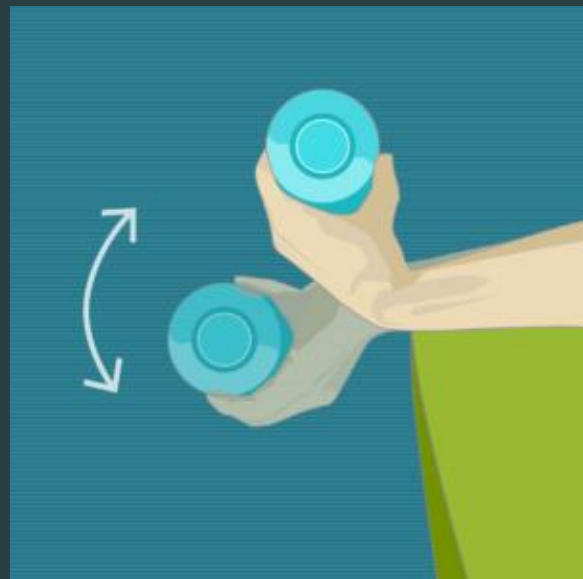
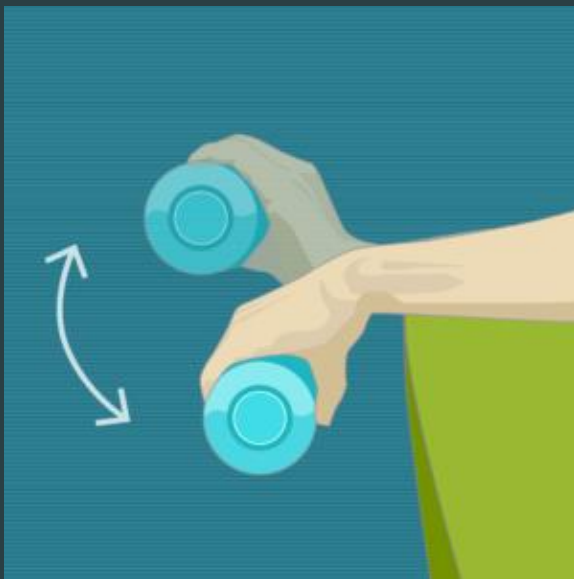
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Fit for eSport - Wrist exercises

## Strengthening exercises

### Wrist flexion and extension:

Start with a light weight (e.g. a filled bottle) which you can hold with your entire hand. Place your forearm on a table with your hand hanging over the edge. The palm of your hand should be able to move freely and face down towards the floor. Now **lift your wrist upwards** so that the back of your hand and forearm come closer together. Hold the position at the highest point for about 2 seconds and then slowly return to your starting position. To train the opposite side, rotate your forearm so that your palm faces the ceiling. Now the palm of your hand will come closer to the forearm.



Repeat the exercises 15 to 20 times. Perform a total of 3 sets per side. First **concentrate on an even and controlled movement** and a **wide range of motion**. If the exercise is too easy, you can perform the exercises with a heavier object. If the exercise is too difficult, you can do it without weight.

**Strengthening of wrist rotators:**

Take a light weight (e.g. a filled bottle) in one hand and place the forearm on a table. The hand must protrude over the edge of the table and the palm should face the ceiling with the weight. Now **slowly turn the palm of your hand towards the floor** while holding the weight. **Make sure to work only with your wrist and forearm** and not with other parts of your body (e.g. shoulders). Hold end position for a short time and then slowly turn the palm back towards the ceiling.

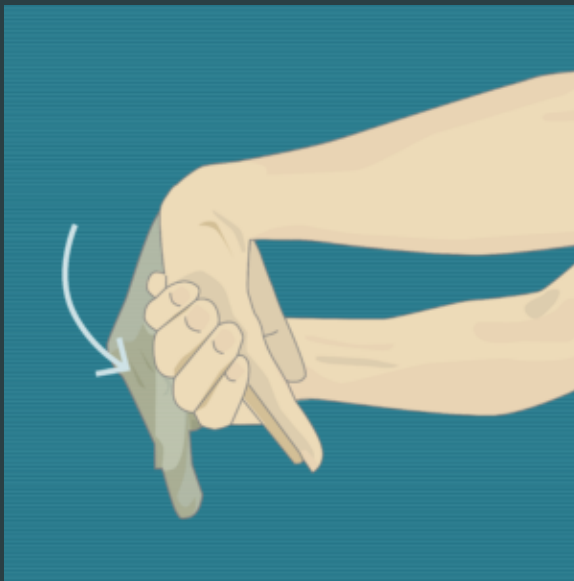


Repeat the exercise about 15 to 20 times and then change your hand. Perform a total of 3 sets per side. Increase the weight, if the exercise is not strenuous at all for you. If you can't do 3 x 15 repetitions, reduce the weight.

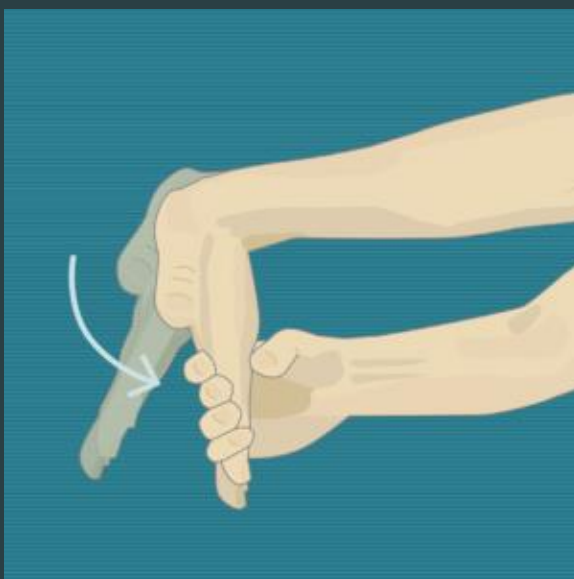
## Stretching exercises

### Stretching of the wrist:

Hold your arm straight out in front of you and parallel to the floor, with your thumb facing inward and the palm of your hand facing down. Now **bend your wrist down** so your fingers point towards the floor. Use your other hand to increase the stretch, gently pulling the fingers towards your body. Hold the position for 20-30 seconds in a position where you **feel a stretch but no pain**. Then change the arm and repeat the exercise with each arm at least twice.



Afterwards turn your arm, so that the thumb is pointing outwards and your palm is facing the ceiling. **Bend your wrist downwards again** to make sure your fingers point towards the floor. Like in the exercise before, use your other hand to increase the stretch. The holding time and number of repetitions can be identically as in the first exercise.



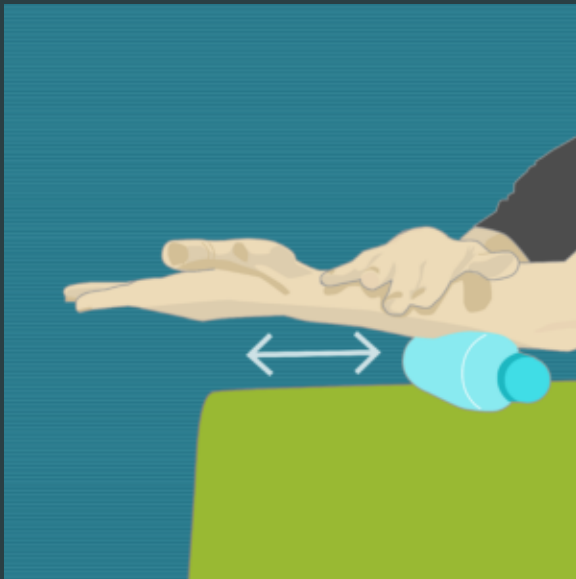
## Acute Helps: Massage & Relaxation

These techniques can help to decrease upcoming afflictions, but **are not sufficient to replace a doctor's visit!**

### **Roll out the forearm (front and back):**

Take a fascia roll (large or small), a tennis ball or alternatively a filled 0.5l PET bottle to perform a **self-massage**. Place your forearm on the roll with the palm facing the ceiling starting at the wrist.

Place your other hand on your lying forearm. Now slightly build up pressure with the hand lying on the forearm and **press the forearm lightly onto the roll**. Then slowly (as in slow motion) roll from the wrist to the elbow and back again. **Make sure to stay on the muscles** and do not roll over the bony structures. If you come in contact with **hardenings or painful spots**, rest briefly on them and move your arm back and forth or slightly increase the pressure. After about 2 minutes turn your palm towards the floor and massage the other side of your forearm. Repeat with the other arm.



**Important:** During the exercises you shouldn't feel any pain! The roll out exercises may be an exception. In this case, the contact with hardenings could cause ache. That is totally normal, but the pain shouldn't be continuing a long time after finishing the exercise.