

Forearm, wrist extension & radial nerve - education & notes

Clinical-source reading and an observation workbook for elbow, wrist & hand.

01 / Recognize the pattern

Pain or altered sensation toward the back/thumb side of the hand; some nerve injuries cause difficulty extending the wrist or fingers. Radial nerve in the arm and forearm; affected functions vary by injury location.

02 / Understand the limits

Radial nerve dysfunction can follow injury or sustained pressure. Tendon pain and other causes may look similar.

03 / Movement and rehabilitation

Physiotherapy may maintain movement and strength while the underlying cause is addressed. Specific splints and exercises depend on the site and severity of injury.

04 / Review and warning signs

Do not perform heavy grip work or nerve tensioning to "release" a weak wrist. New inability to lift the wrist or fingers deserves prompt assessment rather than a workout modification alone.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://medlineplus.gov/ency/article/000790.htm>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.