

## Wrist Exercises

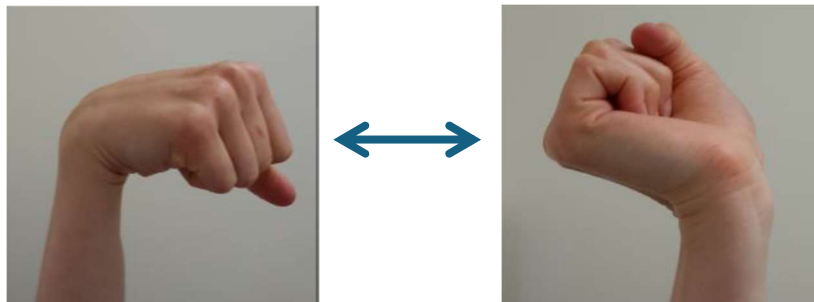
### Hand Therapy Patient Information

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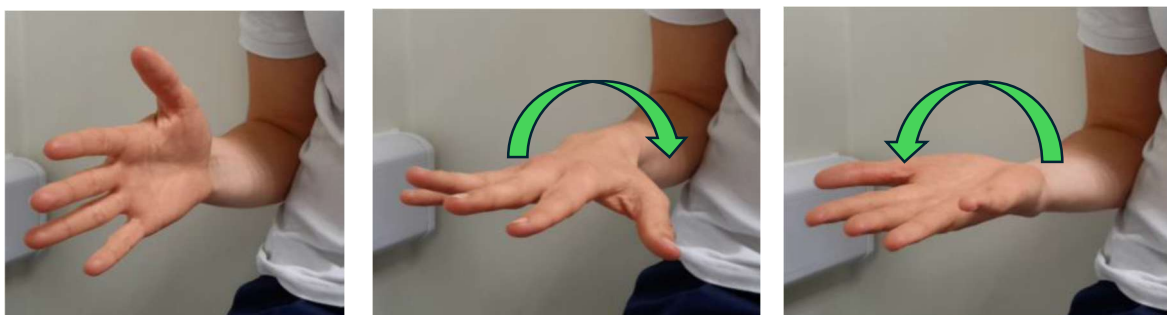
The exercises on this sheet are designed to keep your joints supple, help the structures glide freely and strengthen your wrist.

#### Range of Movement Exercises

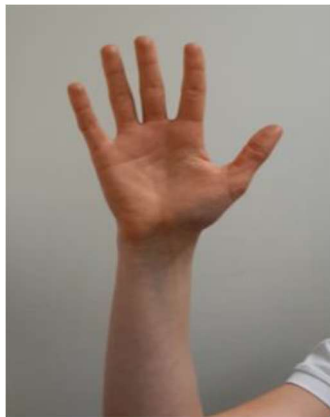
- These exercises should be done gently and without force but take your wrist through as full a range of movement as possible.
  - These exercises are designed to improve the movement in your wrist.
1. With your fingers relaxed into a fist, bend your wrist forwards and backwards.



2. Bend your elbow to 90° and keep it against your side. Keep your wrist straight, rotate your forearm to turn your palm down (to face the floor) then up (to face the ceiling). Practice turning playing cards over or pages of a book.



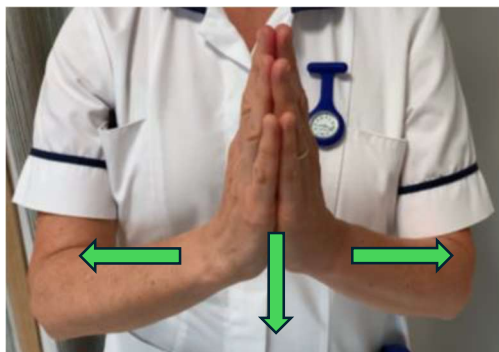
3. Tilt your hand towards your thumb then towards your little finger (a 'waving' motion)



## Wrist Stretches

Hold these stretches for 3-5 minutes, every 1-2 hours

4. Put your palms together (praying position) with your fingers pointing to the ceiling. Slowly move your elbows out to the side, lowering your hands down. Make sure you keep your palms together. You should feel the stretch in your wrist. This should cause a tolerable level of discomfort but should not be painful.



5. Rest on your elbow (**A**) and bend your wrist forwards. Using your other hand, push on the back of the hand to stretch the wrist. Alternatively, you can do this by resting your arm on a flat surface, with your hand resting over the edge (**B**).

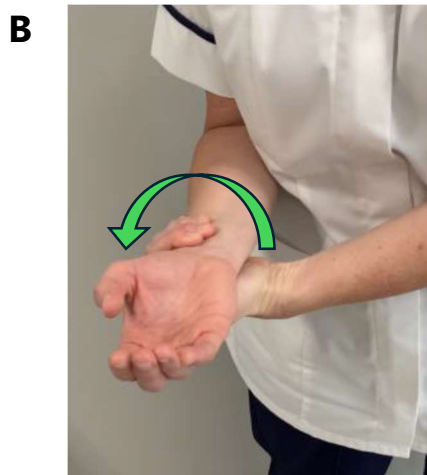
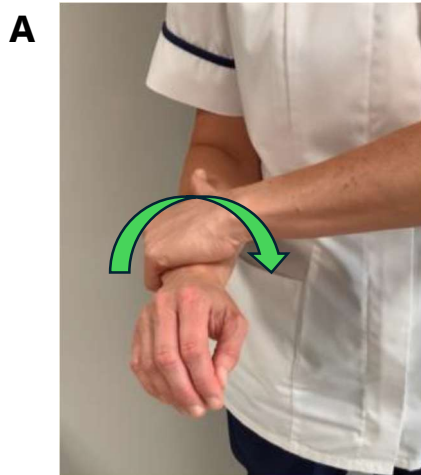
**A**



**B**



6. If you are struggling with exercise 2, you can use your other hand to help. To turn your palm down **(A)**, keep your elbow against your side, hold across the top of the forearm with your other hand and turn/twist the forearm further. To turn your palm up **(B)**, keep your elbow against your side then use your other hand to hold under the forearm. Turn/twist the forearm so the palm is facing up.



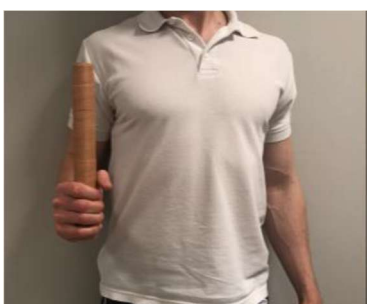
## Wrist strengthening exercises

**Aim to complete 10 repetitions, 3-4 times daily**

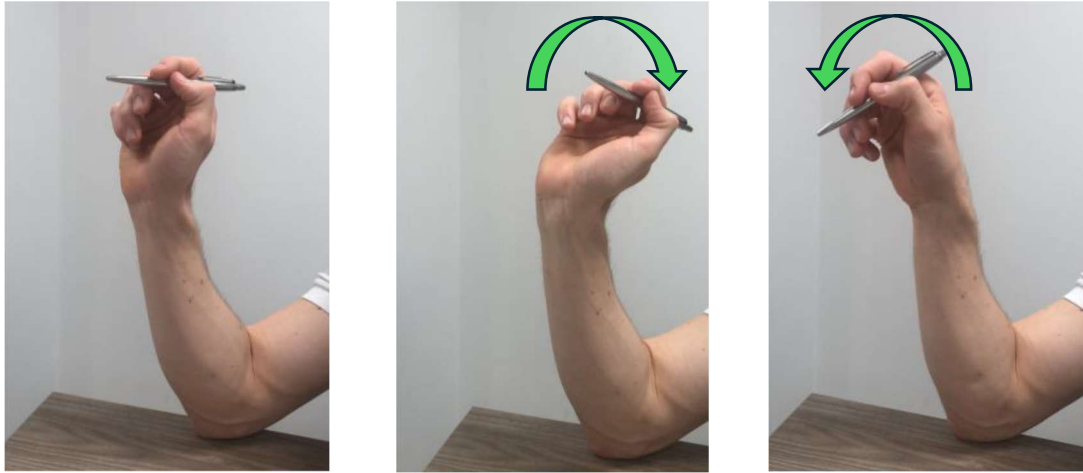
1. Holding a light weight/object (e.g. water bottle) or resistance band in your hand, rest your forearm on a hard, flat surface and slowly lower your hand over the edge. Do not force this movement. Slowly lift the wrist up and repeat



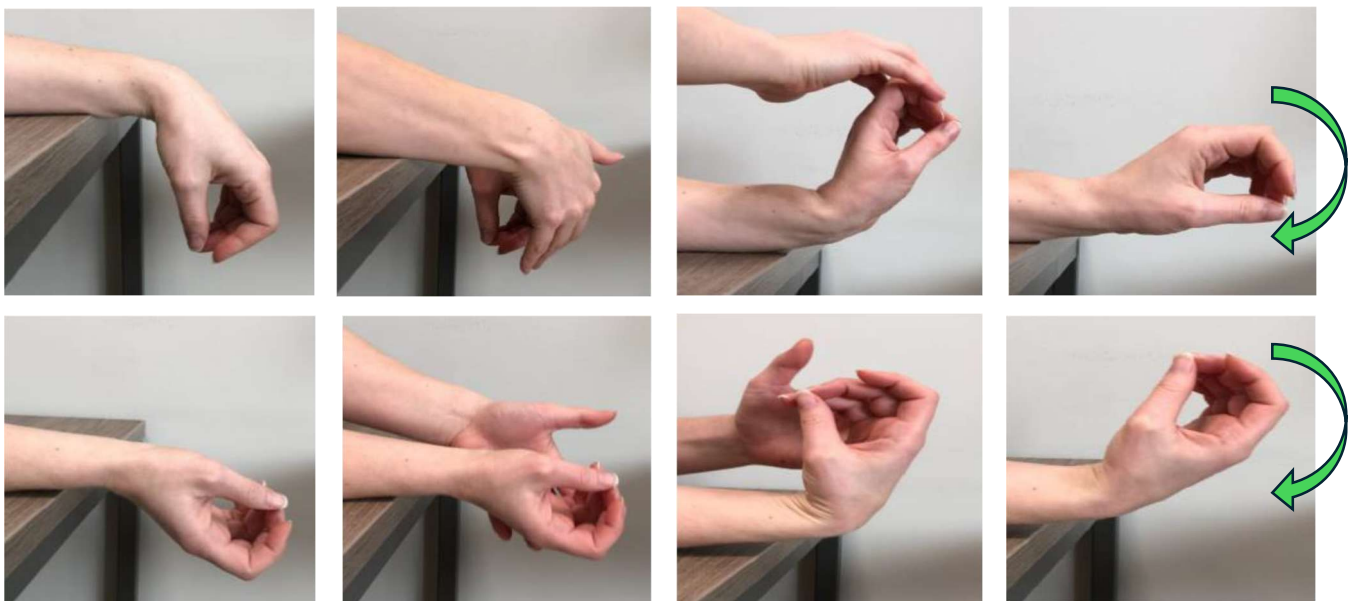
2. Bend your elbow to 90° and keep it against your side. Hold a magazine (or similar) and rotate your forearm, turning your palm upwards then downwards.



- 3. Dart Throwers Motion** - Holding a pen (or similar) between your thumb, index and middle finger (as if you were writing). Slowly pull your hand backwards on an angle towards the thumb. Then lower it forwards, so the wrist flexes just past straight and repeat. You are aiming to perform this in a smooth movement.

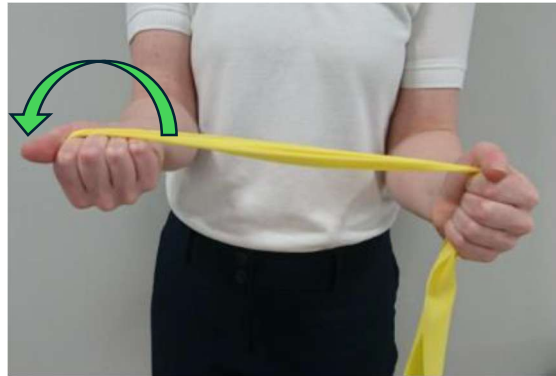


- 4. Eccentric Loading** – Rest your forearm on a flat surface, with your hand hanging over the edge of the surface. Keeping the wrist and hand relaxed, use your other hand to lift the hand up, bending at the wrist. Let go with your other hand and use the wrist muscles to maintain that position. Then, slowly lower the hand down.





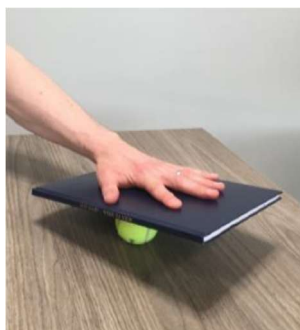
5. Sit or Stand with your elbows tucked in at your side. Hold the therapy band in both hands as shown below. Keeping your uninjured arm still, turn your injured arm palm up to the ceiling and hold for 5 seconds.



6. Sit or Stand with your elbows tucked in at your side. Hold the therapy band in both hands and cross your arms over as shown below. Keeping your un-operated arm still, turn your operated arm palm down to the floor and hold for 5 seconds.



7. **Proprioception (balance) exercises** - Move the ball forwards, backwards and side-to-side or in a circular movement for 2-3 mins, or until you feel fatigued. This can be done by rolling a ball on a table, moving a tray over a ball (wobble board) or holding a tray and balancing a ball on top (as below). This shouldn't be painful.



## Rehab tips for your hand and wrist

- **Warm water exercises**

Ensure all wounds or pin sites have healed and scabbed over. Submerge the affected hand/arm in warm water for up to 5mins and practice the exercises taught by your Physiotherapist.

- **Massage**

Rub into the affected area for 3-5mins, approximately 4 times per day. You can use moisturising cream. Massage will help decrease swelling, improve movement, soften scars and de-sensitise the area affected. (Ensure all open wounds or pin sites have healed and scabbed over, particularly if using moisturising cream).

- **Gently strengthening**

- grip soft rolled socks/sponge
- squeezing therapy putty
- rice grasping

**If you have any problems in the future, please contact your physiotherapist.  
Contact details are below.**

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