



WRIST EXERCISES

Range of motion & Strength

EXERCISES

The exercises on this sheet aim to improve the movement, function and strength of your hand and wrist. Your therapist will mark the exercises that you should do. The exercises may be a little bit uncomfortable as you do them, but should not be painful. Pay attention to good posture.

A squeazy ball is not recommended. Just aim to use your hand with a good firm grip.

Perform Exercises 3-4 times daily

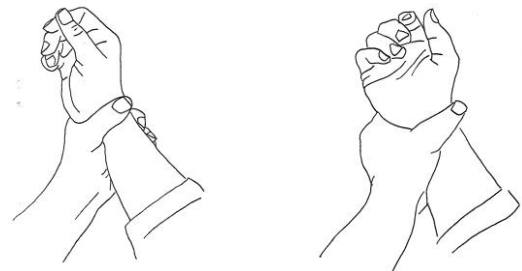
1) Push your palms together and keep your fingers point up. **Hold for 5 seconds**

Repeat 5 times



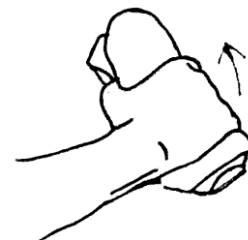
2) Hold your injured wrist with your uninjured hand. **Rotate your palm up** and **hold for 5 seconds**.

Repeat 5 times



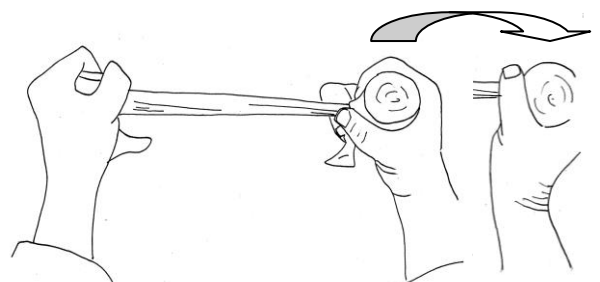
3) Rest your forearm on the table and squeeze a rolled facecloth. Try and **lift the cloth** while keeping your wrist on the table. **Hold for a count of 5**

Repeat 10 times

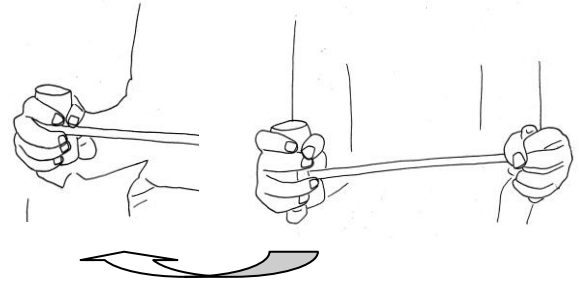


5) Tie a rolled cloth at one end of a length of theraband. Start with your injured wrist bent slightly forward. Add gentle tension to the band. **Slowly extend your wrist back**, the forward.

Repeat 10 times

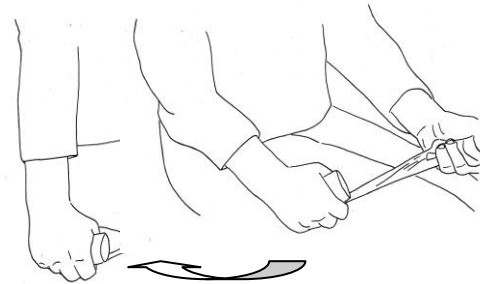


6) Shoulder strengthening: Start with elbows bent to 90 degrees, hands in front. Put gentle tension on the band. Rotate your injured arm out to the side, keeping your elbow at your side and your wrist straight. Slowly return to the middle.



Repeat 10 times

7) Arm (triceps) strengthening: Start with your injured arm at your side, elbow slightly bent. Put gentle tension on the band. Slowly straighten your elbow then bend.



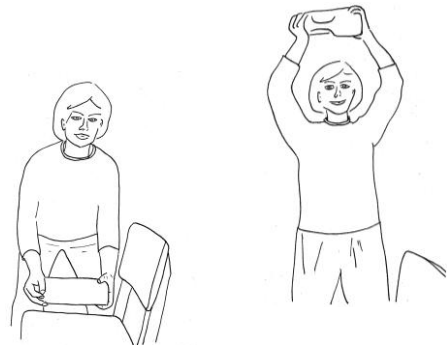
Repeat 10 times

8) Place a rubber band round your hand and thumb. Roll your thumb out to the side, keeping it relaxed and straight. Slowly roll it back in.



Repeat 10 times

9) Place a full or half full 2 litre milk bottle on a chair. Squat to lift, keep it close to your body and raise it over head. Slowly lower back to the chair.



Repeat 10 times

10) Wall press up: Place your feet apart and stand a short distance from the wall. Place your injured hand on the corner of the wall or doorway. Slowly lower your body in to the wall keeping your back straight and your shoulders gently squeezed together. Push away from the wall and roll your shoulders forward. Try to share the weight equally between both hands. **Repeat 10 times**

