

WRIST EXERCISE PROGRAMME

Below is a programme of exercises designed to improve your confidence and to speed up the recovery of movement, strength and function at the wrist. They are also intended to encourage you to use your hand as normally and as much as possible.

DE-SENSITISING EXERCISES

TICK

Wrist injuries can feel very tender. Unfortunately, this tenderness does not always go away by itself. It is important to begin to touch the sensitive area / scar to help it become less sensitive and return to normal.

Tap, rub or massage the area of your wrist that is tender. You can tap on the sensitive area with a fingertip of your other hand or with a light object.

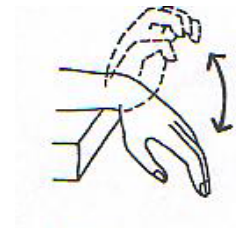
You can change textures, temperatures and rub, tap or roll over the affected sensitive area. Treatment is performed 3-4 times a day for 10 minutes each session.

MOBILISING EXERCISES

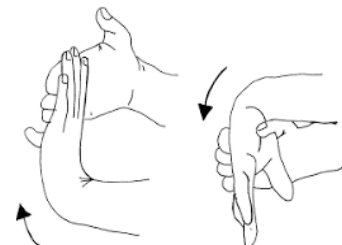
PICTURE

Wrist flexion and extension

Rest your forearm on the table with your hand over the edge of the table. Bend the wrist pointing the hand down towards the floor and then rise up pointing towards the ceiling.



Use your other hand to help stretch your wrist so that your fingers are pointing up to the ceiling and then down to the floor.



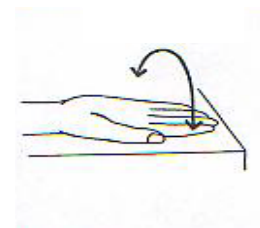
Ulnar and radial deviation (side to side)

Hold your wrist and fingers straight. Keep your forearm still. Move your hand in the direction of your little finger and then in the direction of your thumb, with the movement happening at the wrist.



Pronation and supination

Move your hand between palm facing up and palm facing down on the table. Move at your wrist. Keep your upper arm still.





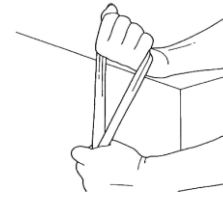
STRENGTHENING EXERCISES

PICTURE

TICK

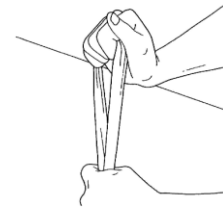
Wrist flexion

Rest your forearm on a table with back of your hand facing down. Put the theraband around your hand. Slowly bend your wrist up as far as possible while resisting movement with the other hand.



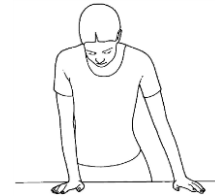
Wrist extension

Support your elbow and forearm on a table and let your wrist drop over the edge. Put a band around your knuckles and hold onto the band under the hand. Extend your wrist as much as possible while resisting movement with the other hand.



Weight transference

Stand with both palms on a table. Slowly lean your body weight through your wrists. Shift your weight from side to side, gradually taking more weight and movement, as pain allows.



Wall push-up

Stand facing a wall and lean against the wall with your arms and back straight. Slowly bend your elbows and control your body weight forwards, as you lean through your wrists. Push up through your wrists until your elbows are straight.



Superman

On your hands and knees, slowly transfer your weight forwards, leaning through your wrists. Transfer your weight from side to side, gradually taking more weight through your affected wrist. Progress on to a kneeling press-up, as pain allows.

