

## Wrist Injuries: advice and exercises

Following an injury to the wrist, your wrist and fingers may be stiff. These exercises are designed to help you restore normal use as soon as possible by reducing swelling and pain and improving the range of movement. This information is provided as a guideline and specific problems can be discussed with your hand therapist.

If your wrist and hand are swollen do not let it hang down by your side, place it across your chest and keep it above the level of your heart. Do not be afraid to use your hand as pain allows, this will help to reduce swelling.

Exercises should be performed without producing pain, although a comfortable stretch at the end of the movement is acceptable.

### Exercise 1

Rest your elbows on the table, clasp your hands together and rock the hands to left and right.  
Repeat \_\_\_\_\_ times.



### Exercise 2

Rest your elbows on the table, clasp your hands together and twist your hands to look at the back of each hand in turn.  
Repeat \_\_\_\_\_ times.



### Exercise 3

Keep your elbow tucked firmly into your side, hold a dustpan or similarly weighted object and turn your palm up to the ceiling and then down to the floor.

Repeat \_\_\_\_\_ times.



### Exercise 4

Roll up a towel and practice wringing it out in both directions as far as is comfortable.

Repeat \_\_\_\_\_ times.



### Exercise 5

Place your palm down on a table, stabilising it with your unaffected hand. Lift your elbow as high as is comfortable, in a 'pump handle' action, without moving either hand.

Repeat \_\_\_\_\_ times.



## Exercise 6

Sitting at a table with your forearm supported, make a fist and knock on the table with your knuckles. In the same position, now open your hand and slap the table with your palm. Now combine these movements: knock, knock, slap, slap. Repeat \_\_\_\_\_ times.



## Exercise 7

Rest your forearm on the arm of a chair or on a table, with your wrist on the edge. Hold onto the exercise band provided, fixing it to the floor with your foot.

- a) With your palm facing the floor, lift the band to stretch it, keeping your forearm still.  
Repeat \_\_\_\_\_ times.



- b) With your palm facing towards you, lift the band to stretch it, keeping your forearm still.  
Repeat \_\_\_\_\_ times.



## Contact details

### Hand Therapy

Telephone: 01202 442121

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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