

Wrist exercises

Guidance on the amounts of each exercises you should aim to do are provided, but let pain be your guide and only do as much as you can within the amounts given.

Aim to do the exercises three times a day.

Wrist

Forearm rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain, just discomfort.

Repeat 10-15 times



Wrist and fingers

Wrist flexion and extension

Move your wrist up and down, you may wish to do this over the edge of a table or chair arm. You can use your other arm to assist if necessary. Do not push into pain, just discomfort.

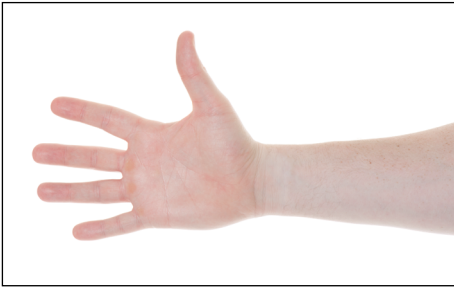


Hold for 5 seconds and repeat 10-15 times providing there is no increase in discomfort

continues over ...

Finger flexion and extension

Open and close your hand as shown 10-15 times.



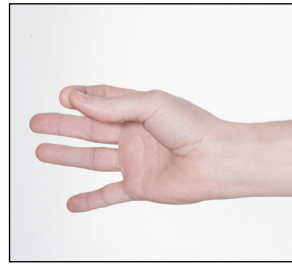
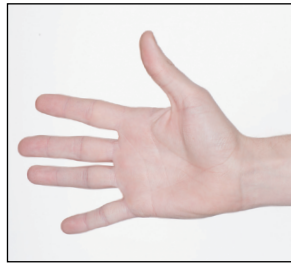
Hold for 5 seconds and repeat 10 times

After a few days, hold a soft ball or rolled up socks in the hand of your injured arm. Squeeze the ball as hard as possible without pain.

Thumb dexterity

Touch each fingertip with your thumb starting with your index finger and working along to your little finger.

Once you can reach your little finger slide your thumb down the little finger towards your palm.



Repeat 10-15 times