

Professor M. A. Imam
MD, D.SportMed, PhD, FRCS (Tr and Orth)
Subspecialist in Upper limb and Complex trauma reconstruction
Tel: 020 3384 5588
info@thearmdoc.co.uk
www.thearmdoc.co.uk

Wrist Exercises

Hand Therapy Patient Information

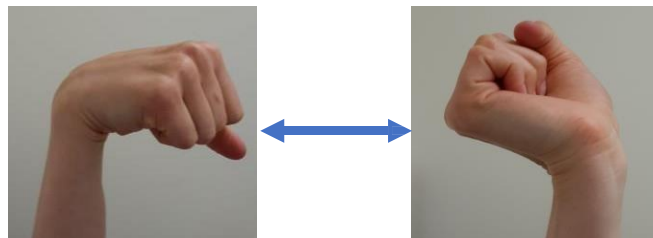
The exercises on this sheet are designed to keep your joints supple, help the structures glide freely and strengthen your wrist.

Range of Movement Exercises

Aim to complete 10-20 repetitions, every 1-2 hours.

- These exercises aim to improve the movement in your wrist.
- These exercises should be done gently and without force, but take your wrist through as full a range of movement as possible.

1. With your fingers relaxed, 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' movement).



Wrist Stretches

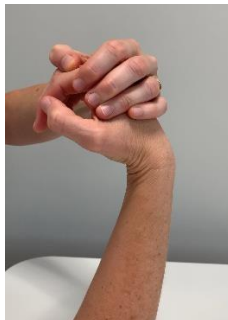
Hold these stretches for 3-5 minutes, every 1-2 hours

1. Put your palms together (a '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.



2. 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



3. To help 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 help 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.

A



B



Wrist Strengthening Exercises

Aim to complete 10 repetitions, 3-4 times daily

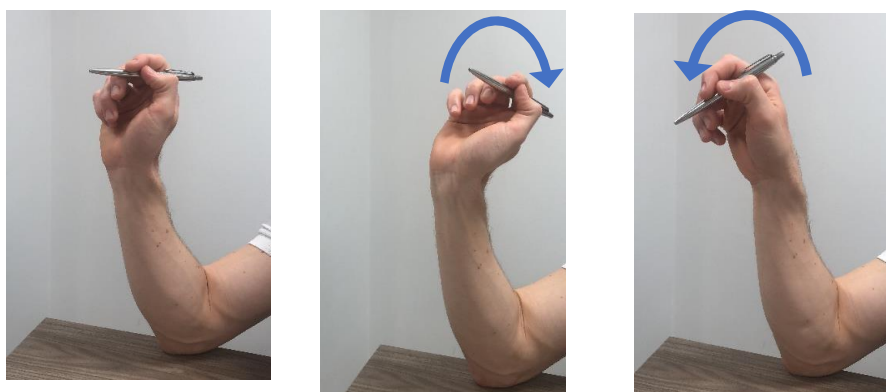
1. Holding a light weight/object (e.g. water bottle) or resistance band in your hand, rest your forearm on a hard, flat surface and slowly lower your hand over the edge. Do not force this movement. Slowly lift the wrist up and repeat. This should be done with your palm facing the ground (see image) then turn your hand so your palm is facing the ceiling.



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.

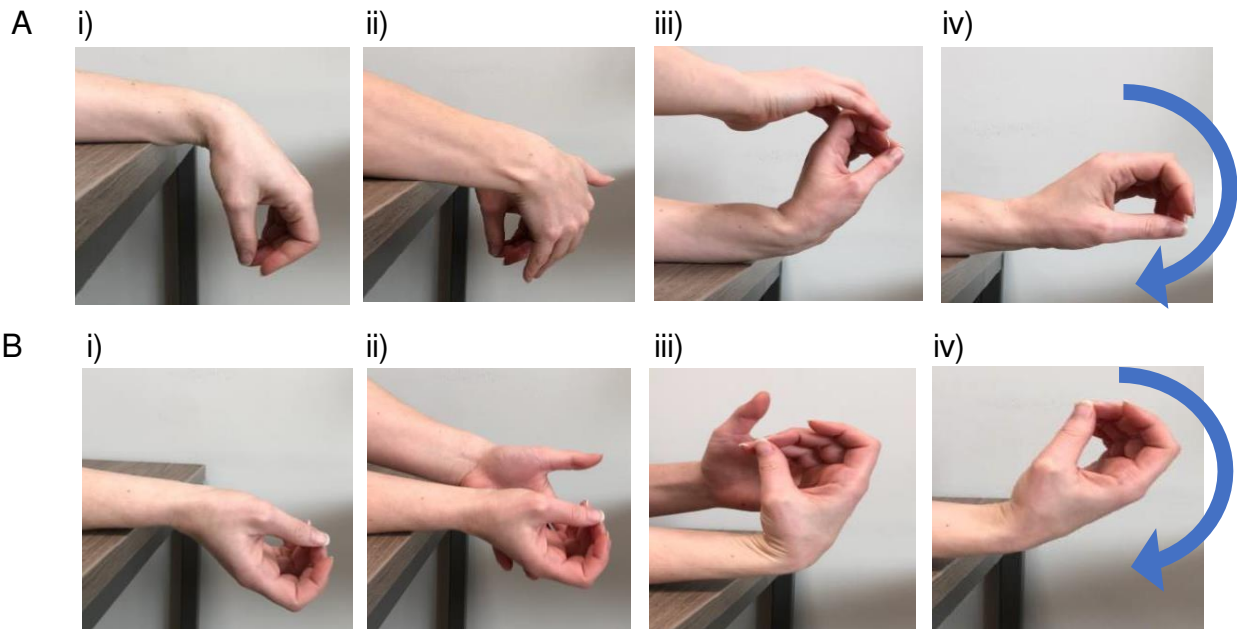


3. **Dart Throwers Motion** - Hold a pen (or similar) between your thumb and fingers (as if you were writing). Slowly pull your hand backwards on an angle towards the thumb. Then lower it forwards, so the wrist flexes just past straight and repeat. Aim to perform this in a smooth movement.

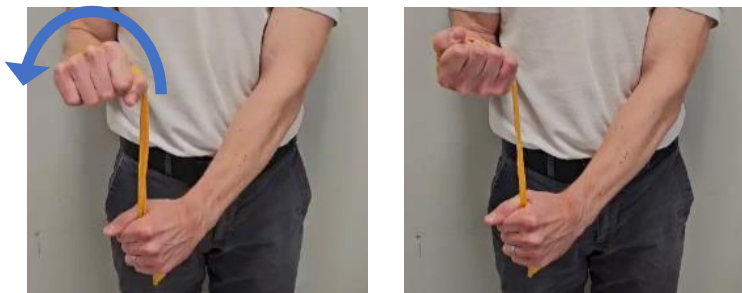


WRIST EXERCISES

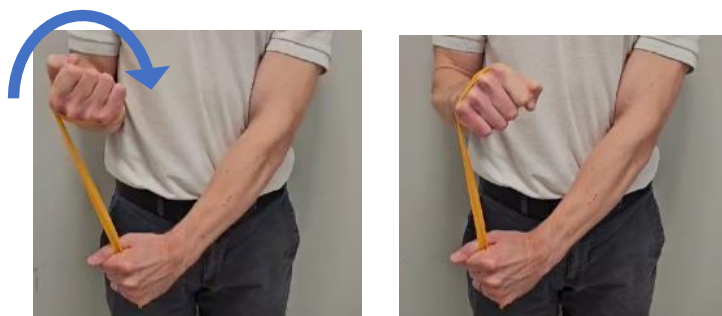
4. **Eccentric Loading** - Rest your forearm on a flat surface, with your hand hanging over the edge of the surface (i). Keeping the wrist and hand relaxed, use your other hand to lift the hand up (ii), bending at the wrist (iii). Let go with your other hand and use the wrist muscles to maintain that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



5. Sit or stand with your elbows tucked in at your side. Hold the therapy band in both hands, as shown below. With your unaffected arm, pull the band downwards and hold it still. Then turn your affected arm palm up to the ceiling and hold for 3-5 seconds.



6. Sit or stand with your elbows tucked in at your side. Hold the therapy band in both hands, as shown below. With your unaffected arm, pull the band downwards and hold it still. Then turn your affected arm so the palm is facing down to the floor and hold for 3-5 seconds.



7. **Proprioception (balance) exercises** - Move the ball forwards, backwards and side-to-side or in a circular movement for 2-3 minutes, 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 should not be painful.



Rehab tips for your hand and wrist

- **Warm water exercises** - Once all wounds or pin sites have healed, submerge the affected hand/arm in warm water for 5 minutes and practice the exercises you have been taught.
- **Massage** - Rub into the affected area for 3-5mins, every 2-3 hours. If your wounds are healed, you can use moisturising cream. Massage will help decrease swelling, improve movement, soften scars and de-sensitise the area affected. Your therapist can guide you.
- **Gentle strengthening** - grip rolled up socks/sponge
 - squeezing therapy putty
 - rice grasping