

Physiotherapy Department

Advanced wrist exercises

Information for patients



These exercises are designed to improve the range of movement in your wrist joint following an injury. They should be performed slowly.

Hold the fingers of the hand to be stretched.

Extend your wrist by gently pulling back on your hand until you feel stretching at the inside of your forearm. Keep your elbow straight.

Hold for ___ seconds.

Repeat ___ times.



Let your hand drop down. Gently help the movement with your other hand.

Hold for ___ seconds.

Repeat ___ times.



Place your arms flat on a table. Place your palms together (as if in a praying position). Push your palms together as hard as you can.

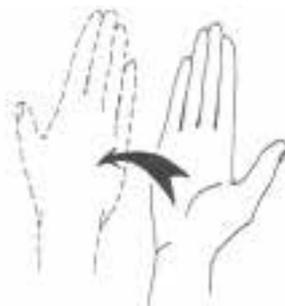
Hold for ___ seconds.

Repeat ___ times.



Rest your hand on a table and turn it so that your palm faces up towards the ceiling. Then turn back again so your palm is facing downwards. Keep your elbow touching your side at all times.

Repeat ___ times.



Stand facing a table. Rock forwards, keeping your elbows straight and feeling a stretch in your wrist.

Hold for ___ seconds.

Repeat ___ times.



Support your forearm on a table, holding something soft, e.g. foam ball/ball of wool.

Squeeze your fingers around the soft object as hard as you can then straighten them out.

Hold for ___ seconds.

Repeat ___ times.



How to contact us

Telephone: **01865 221 540**

(Monday to Thursday, 8.00am to 5.00pm. Fridays, 8.30am to 4.00pm with an answerphone for after hours.)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Physiotherapy Department
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Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

