

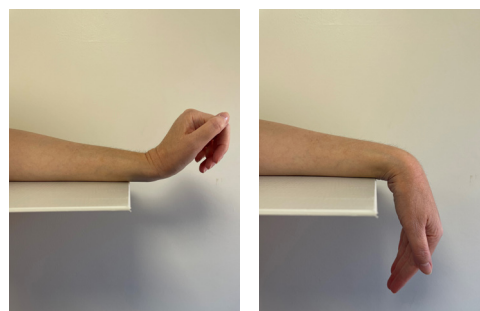
Patient information factsheet

Wrist exercises

This factsheet contains some wrist exercises to help improve the range of movement in your wrist. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of the factsheet.

Please note that not all the exercises listed below may be suitable for you. We will advise which of these exercises to do at your appointment.

1. Rest your forearm on a table with your hand relaxed over the edge. Bend your wrist up and down.



2. Place your hand on the table, palm facing down. Keeping your fingers and wrist straight, slide your hand so that your fingers are pointing to the left and then slide your hand so your fingers are pointing to the right.

Tip: If you find this exercise difficult, try holding your forearm still with your other hand to prevent it from moving.



3. Tuck your forearm in by your side, with your elbow bent at a 90-degree angle. Turn your palm up towards the ceiling and then down towards the floor, keeping your elbow still.

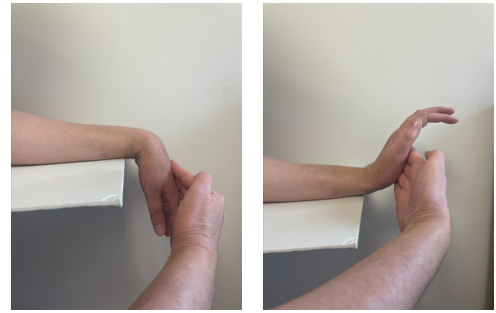


The exercises on the following page are only to be completed if we have advised you.

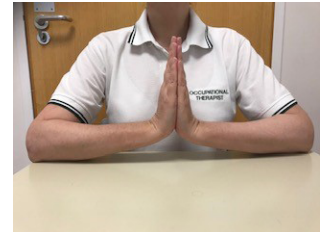
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- Rest your forearm on a table, with your hand relaxed over the edge. Using your other hand, gently push your hand **downwards** until you can feel a stretch in your wrist.

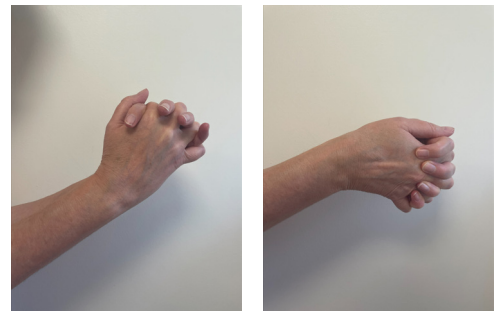
Now repeat this exercise, but this time use your other hand to push your hand **upwards**.



- Sit at a table and place your elbows on the table. Bring your hands together so that your palms are touching (fingers pointing upwards). Keeping your palms together, slowly slide your elbows apart and bring your hands down towards the table. When you can feel a slight stretch, stop and hold the position for 10 seconds.



- Put your palms together, interlocking your fingers. With the support of your other hand, move your affected wrist up and down, while keeping your forearms still.



Repeat these exercises _____ times every hour during the day.

Contact us

If you have any concerns with your wrist exercises, please contact us.

Hand therapy team

Telephone: **023 8120 6459** (Monday to Friday, 8am to 5pm)

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