



Wrist and Hand Exercises

Information for patients
Physiotherapy



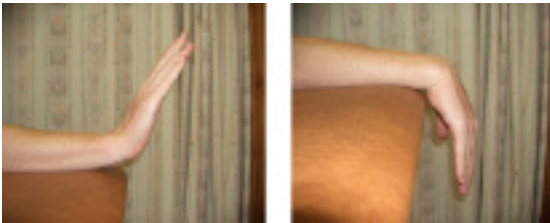
Many people suffer from pain and stiffness in their wrists and hands. The pain may vary from time to time, depending on your daily activities. These symptoms may be caused by, or aggravated due to arthritis, wrist and hand fractures, strain or over use.

The exercises in this leaflet are suitable whether you have pain and/or stiffness. Use of warm water baths or hot packs may help to ease the symptoms of your pain temporarily.

Wrist Flexion and Extension

Place your forearm on a table, hand relaxed over the edge. Lift wrist up as far as possible, keeping forearm on the table.

Slowly let wrist drop back down as far as possible. As the movements become easier to perform, use your other hand to assist the stretch.



Repeat x 10 x 3 daily

Wrist Pronation and Supination

Forearm supported on a table, palm face down. Turn palm up to face ceiling, then down again.



Repeat x 10 x 3 daily

Wrist Extension

Sit with fingers and palm of your hand together. Lift forearms out horizontally pushing palm of hands together.

Repeat x 10 x 3 daily



Grip

Make a fist as tight as you can. Straighten fingers.

Repeat x 10 times x 3 daily.

Thumb Opposition

With your thumb touch the tip of each finger.

Repeat x 10 times x 3 daily.



Lumbrical Exercises

Place the palm of your hand flat on the table. Keeping your fingers straight and the heel of your hand on the table, lift up your knuckles.

Repeat x 10 times x 3 daily.



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