



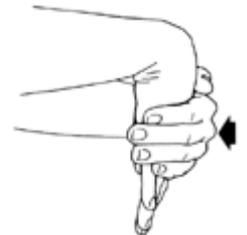
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Wrist and Hand Exercise Programme

Exercise 1. Stretching the muscles that extend the wrist (extensor muscles): Straighten the arm out fully and push the palm of the hand down so you feel a stretch across the top of the forearm. Hold for 10 seconds. 5 Repetitions.

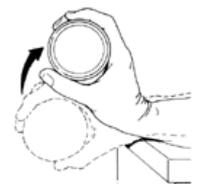


Exercise 2. Stretching the muscles that flex the wrist (flexor muscles): straighten the arm out fully (palm side up), and push the palm downward to stretch. Hold for 10 seconds. 5 Repetitions.

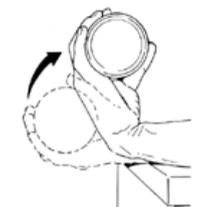


For exercises 3-6, the patient sits in a chair with the elbow supported on the edge of a table or on the arm of the chair the wrist hanging over the edge. Use a light weight such as a hammer or soup can when performing the strengthening exercises. Repeat exercises 3-6 20 times each, but do not push yourself beyond the point of pain.

Exercise 3. Hold the weight in the hand with the palm facing down. Extend the wrist upward so that it is pulled back. Hold this position for 2 seconds and then lower slowly.



Exercise 4. Strengthening wrist flexor muscles: Hold the weight in the hand with the palm up. Pull the wrist up, hold for 2 seconds and lower slowly.



Exercise 5. Strengthening the muscles that move the wrist from side to side (deviator muscles): Hold the weight in the hand with the thumb pointing up. Move the wrist up and down, much like hammering a nail. All motion should occur at the wrist.





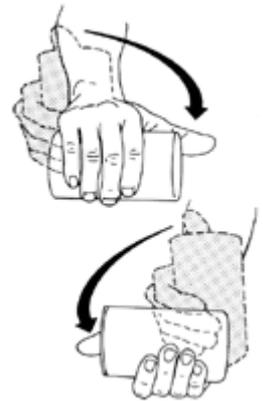
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Exercise 6. Strengthening the muscles that twist the wrist (pronator and supinator muscles): Hold the weight in the hand with the thumb pointing up. Turn the wrist inward as far as possible and then outward as far as possible. Hold for 2 seconds and repeat as much as pain allows.

Exercise 7. gripping the finger between thumb and index fingers of the other hand on the front and back of the finger below the joint you wish to move. Bend and straighten the joint until a good stretch is felt in the joint. Focus on moving only the one joint.

Progress this by moving downwards along the finger beyond the next joint. Repeat the movement.

Combine all joints of all four fingers by using the palm of the good hand against the joints and gently moving the joints as far into flexion as possible - to get the fingertips to touch the palm.



Exercise 8. Place hand flat on a table / counter top. Place your good hand on top of the back of the hand with the thumb on one side and the fingers on the other side just below the wrist.

Hold the hand firmly in place on the table and lift your elbow up as far as possible while extending / banding back the wrist.

Exercise 9. Place the tips of the thumbs and index fingers together. Gently push them together so as to stretch the web between the thumb and index finger as far as possible. Place hand flat on table top and pull thumb outwards away from hand until it makes a 90⁰ with the rest of the hand.

Place the back of the hand flat on the table top. Pull the thumb upwards until it points directly at the ceiling – i.e. at 90⁰ to the rest of the hand.

Exercise 10. Touch the tip of the thumb against the tip of each finger in turn, stretching the thumb as far back as possible between each one.

Touch the tip of the thumb to the tip of each finger and slide thumb down the length of the finger, stretching the thumb as far back as possible between each one.

Exercise 11. Place hand flat on a table top. Keeping the fingers locked straight lift the knuckles up off the table as if making a tent with the hand.

Exercise 12. Gripping a cloth / towel in each hand. Hold / squeeze as tight as possible and twist it as if wringing it out. Repeat moving in the opposite direction.