

INFORMATION FOR PATIENTS

Hand Therapy: Wrist exercises

What do these exercises do?

The following exercises are designed to help you stretch and regain movement in your wrist.

How often should I do them?

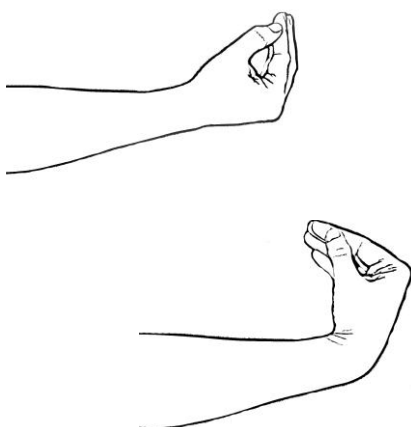
Your therapist or consultant will discuss with you how often you should be exercising.

How hard do I push?

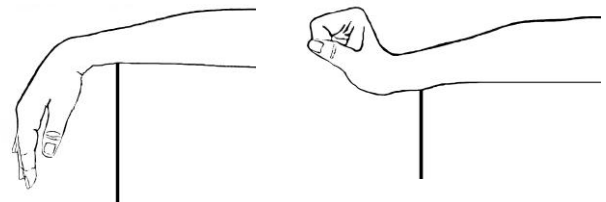
With each exercise, take the movement only as far as you feel an uncomfortable stretch. Then hold this stretch for five to 10 seconds.

Exercises

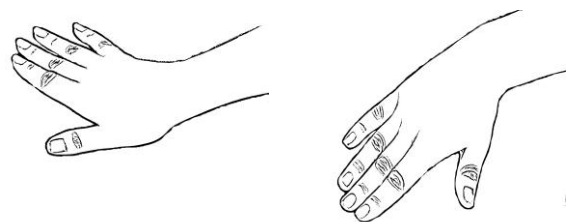
- 1)** Rest the side of your hand on a table. Bend your wrist forwards and backwards.



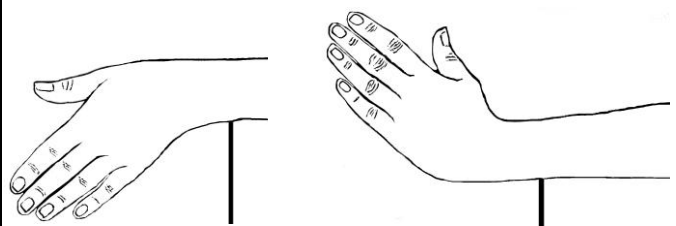
- 2)** Rest your hand over the edge of a table, palm down. Make a fist and lift your hand up. Relax your fingers and take your hand down. Remember to keep your forearm on the table.



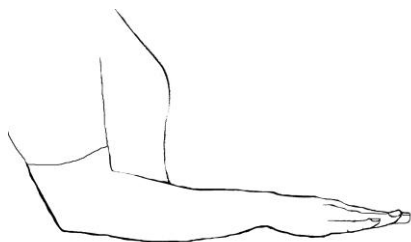
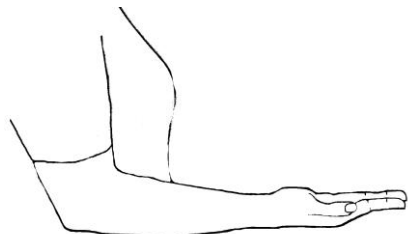
- 3)** Rest your forearm on a table with your hand facing palm down. Slide your hand from side to side, moving at the wrist and making sure your forearm stays still.



- 4)** Rest the side of your forearm on a table with your hand over the edge. Move your hand up and down.



5) With your elbow tucked into your side, turn your hand palm up, then palm down. Remember not to move your elbow.



6) Put the palms of your hands together. Slowly lower your hands and raise your elbows. Remember to keep your palms together so you feel a stretch.



Contact details

If you have any questions or concerns about your exercises or your condition please contact your hand therapist:

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Telephone: (01623) 622515, extension

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For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.

You should not miss your appointment with the hand specialist or hand therapist if one has been requested.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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