

Exercise programme for self directed hand and wrist rehabilitation

You should do these exercises at least five times daily. They aim to improve and maintain range of movement and strength. If they are too painful then you should rest and take a break but do the exercises that you are able to do.

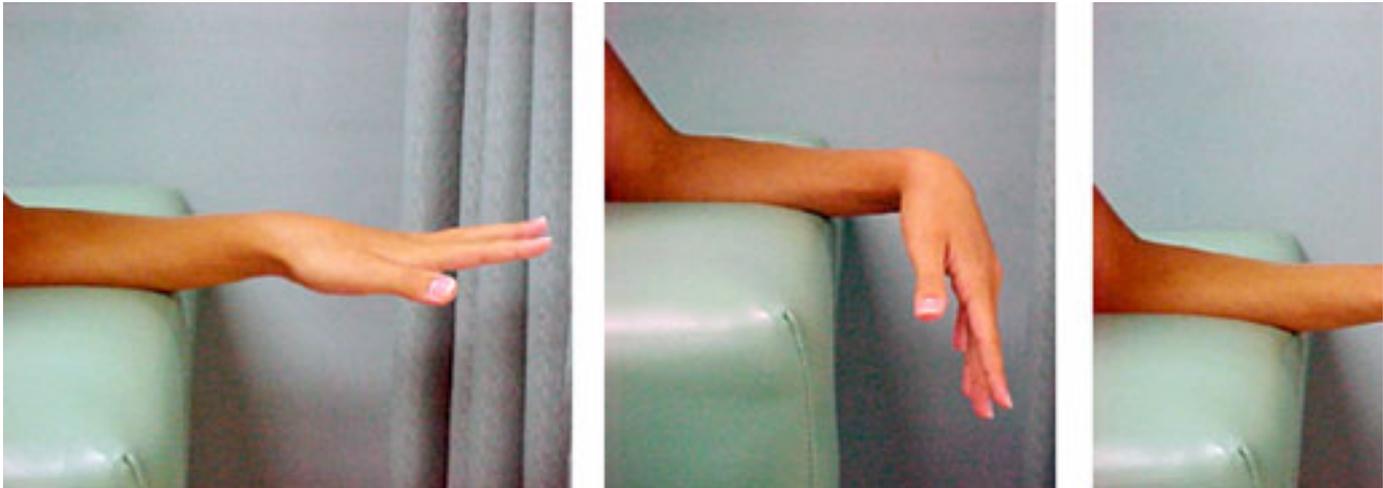
If you are too sore or swollen to do any of these exercises then please contact your GP or the virtual clinic. You may benefit from some specialist therapy.

Prayer Stretch



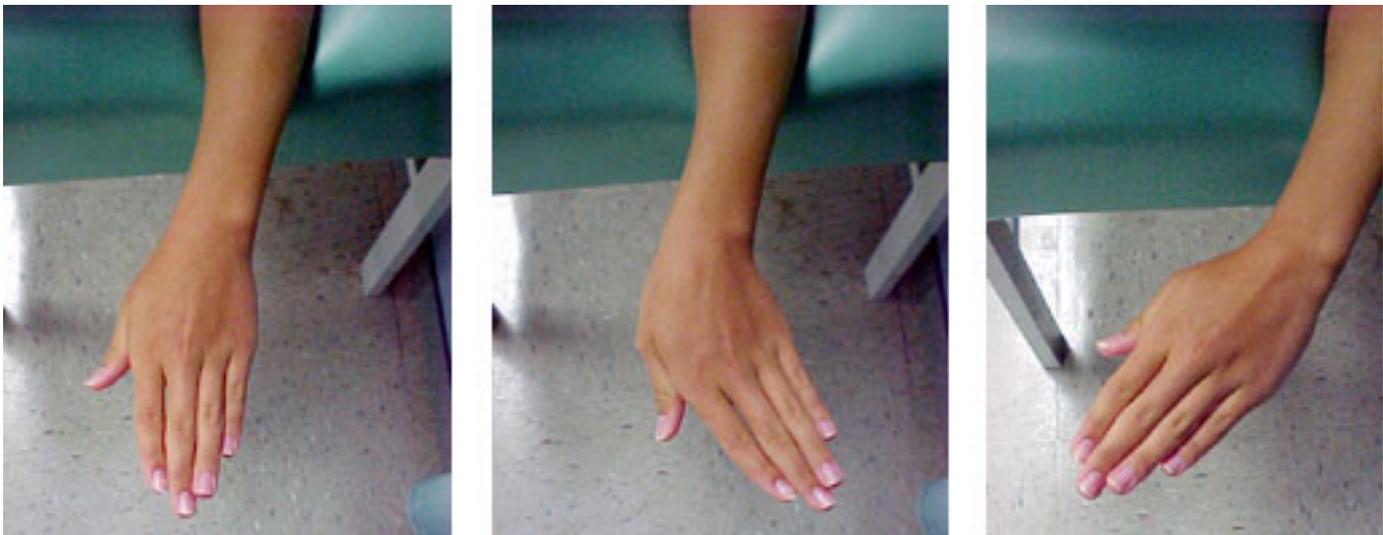
Stand with palms together and elbows out. Slowly lower wrists and push your elbows out until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Repeat 10 times.

Wrist Flexion/Extension



With your arm resting on a table but the hand hanging off the table, bend the wrist down until you feel a stretch. Hold the position for 5 seconds and slowly return to the starting position. Bend wrist up until you feel a stretch. Hold for 5 seconds and then return to the starting position. Repeat 10 times.

Wrist Deviations



With your arm resting on table but the hand hanging off the table, move the hand from the wrist from side to side. Hold for 5 seconds in each position so that you feel a stretch and then return to starting position. Repeat 10 times.

Finger Flexion/Extension



Extend fingers open as far as possible. Hold for 5 seconds. Make a fist as tight as possible. Hold for 5 seconds. Repeat 10 times. If fingers are stiff you can use your other hand to help by really pushing and curling the fingers into your palm.

Wrist Flexor Stretch



With your arm resting on a table but the hand hanging off the table and keeping your elbow straight, hold the injured hand and slowly bend wrist up until a stretch is felt. Hold for 5 seconds and slowly return to starting position. Repeat 10 times

Wrist Extensor Stretch



With your arm resting on the table but the hand hanging off the table and keeping your elbow straight, hold the injured hand and slowly bend the wrist down until a stretch is felt. Hold for 5 seconds and slowly return to the starting position. Repeat 10 times.

Supination/Pronation



Holding your arm next to your body with the elbow tucked in tightly, hold your palm out face up as if taking change. Hold

this position so that a stretch is felt for 5 seconds. Slowly turn the palm and forearm over so that the palm is facing down and hold for 5 seconds. Return to the starting position and repeat 10 times. Concentrate on keeping your elbow still and tucked in firmly to the side of your body.