

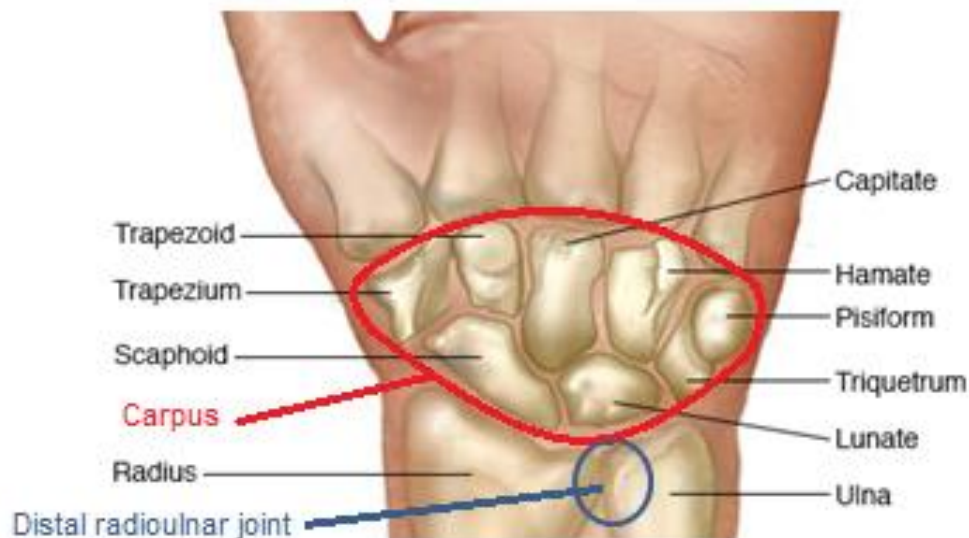
# The Wrist Class

This information is for patients who have been invited to attend the Wrist Class. We hope it answers some of the questions you may have about the class.

## What is the Wrist Class?

The Wrist Class is for patients who may have pain from certain activities as a result of a joint instability due to ligament laxity, muscle weakness or poor joint position awareness (proprioception). There will be a maximum of five patients in the class and usually one therapist leading the class. Exercises completed in the wrist class should be carried out alongside your home exercise programme. As rehabilitation for wrist instability takes a long time, it is important to commit to both attending the class and carrying out your own rehabilitation at home. It is likely that you will need to continue to exercise your wrist even after the end of the class.

## Anatomy of the wrist



The wrist joint is made up of the carpus and a distal radioulnar joint. The carpus is comprised of eight small bones arranged in two rows. Connecting the bones are soft tissue structures called ligaments. These ligaments hold bones in the correct alignment. If the ligaments are damaged, or have excessive laxity, this may cause pain at that joint. The joint between the two bones in the forearm (radius and ulna) is called the distal radioulnar joint and this also has ligaments to maintain correct alignment.

Alongside ligaments, muscles are also important stabilisers of the wrist. Different muscles have a stabilising effect on different joints within the wrist and it is important to exercise the correct muscles related to your injury.

## Proprioception

Proprioception is the awareness of where your joint / body is in space and is very important to help prevent injury. Messages are sent to the brain from nerve receptors in ligaments so that it knows in what position your wrist and hand are. In turn, the brain ensures that the correct muscles are activated to help support the joints. After injury proprioception is reduced, meaning that the correct muscles are not working effectively to support the joints in your wrist.

## Rehabilitation

During the Wrist Class you will carry out exercises for proprioception and to strengthen specific muscles. The final stage of rehabilitation is to incorporate the wrist into exercises involving the whole body. You will be guided through these exercises by the therapist leading the class and encouraged to do your exercises at home too.

## For how long do I have to attend?

You will be booked in for up to six consecutive sessions. If you miss a class or are unable to attend, we may not be able to re-book more sessions. Please let us know in advance if this may be the case.

## When does the class take place?

The Wrist Class takes place on Wednesdays between 4pm and 5pm in the Hand Therapy department. Please check in at reception upon arrival.

## Any questions or contacting the Group Therapists

If you have any further questions, please call the Hand Therapy Team on 020 8725 1038.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

