

# Passive Wrist Exercises

This leaflet offers more information about exercises to help reduce stiffness and increase the range of movement at your wrist. If you have any further questions or concerns, please speak to the staff member in charge of your care.

You may find your joints and muscles feel stiff or painful to begin with, but as you continue with the exercises this should improve.

👉 These exercises should be done ..... times during the day.

👉 Repeat each exercise ..... times, holding each position for ..... seconds.

## 1. Wrist flexion



- a) Place your affected arm on a table with your wrist relaxed and hanging over the edge. Your palm should face down with your fingers relaxed.
- b) Use your opposite hand to bend your wrist further until you feel a gentle stretch at your wrist.

## 2. Wrist extension



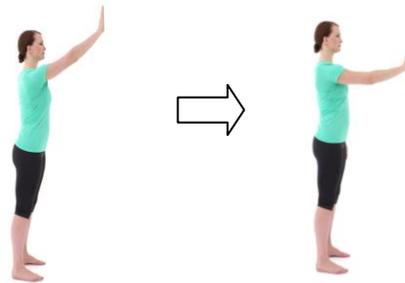
- a) Start with your elbow straight and your wrist extended, palm facing out.
- b) With your opposite hand apply overpressure until you feel a gentle stretch at the front of your wrist.

### 3. Wrist extension palm to palm



- a) Bring your palms together in front of you and close to your chest.
- b) Gradually lower your hands until you feel a stretch at your wrist, keeping the palms of your hands together.

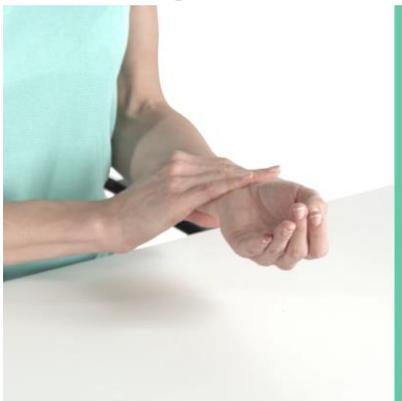
### 4. Wrist extension on table or table



- a) In standing, place your palm flat on the table with your elbow straight.
- b) Gently move your body over your wrist ensuring your palm remains flat on the table, until you feel a stretch at your wrist.

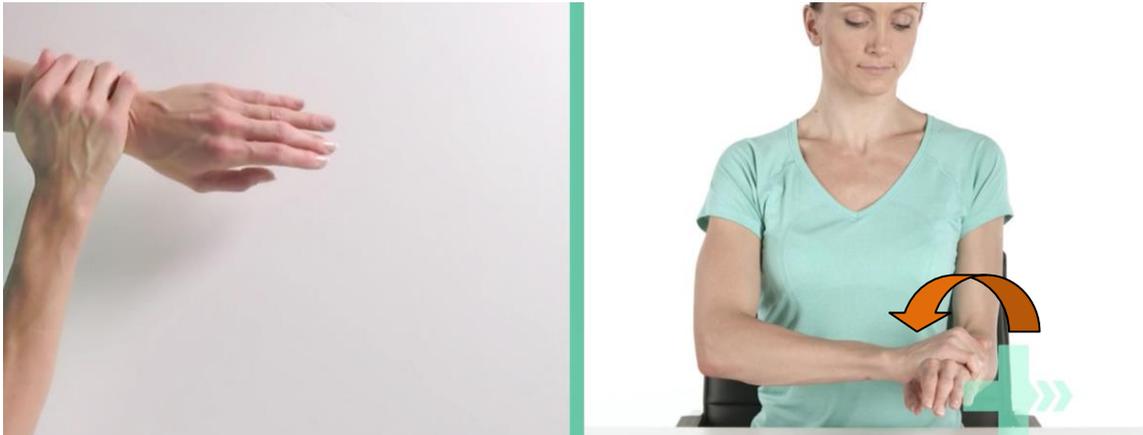
- a) Place your hand on the wall above your head.
- b) Gradually slide your hand down the wall until you feel a gentle stretch over the front of your wrist. Stop before your palm starts to lift away from the wall.

### 5. Wrist supination



- a) With your elbow bent in at your side, rotate your wrist palm facing up as far as able.
- b) Use your opposite hand to apply overpressure just below the wrist so that your palm turns further towards the ceiling.

## 6. Wrist pronation



- With your elbow bent in at your side, rotate your wrist, palm facing down as far as able.
- Use your opposite hand to apply overpressure just below the wrist so that your palm turns further towards the floor.

\*Pictures taken from a product St George's is licensed to use.

## Contact us

If you have any questions or concerns about your thumb exercises, please talk to your therapist at your next appointment. For urgent questions, contact the hand therapy team on 020 8725 1038 (answerphone, please leave a message). For appointments contact 020 8725 0007.

Your therapist's name is \_\_\_\_\_

**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 wings (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

## AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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