

Isometric Wrist Strengthening

This leaflet explains more about isometric wrist strengthening exercises for patients with hand or wrist injuries under the care of the St George's hospital hand therapy team. If you have any further questions or concerns, please speak to your therapist.

Why should I do isometric wrist strengthening exercises?

As your hand gets better after injury or surgery, your wrist muscles may need to be exercised to strengthen them and enable you to use your hand normally day-to-day.

How often should I do my exercises?

The following exercises need to be done _____ times each. Hold for _____ seconds. Repeat _____ times per day. Remember quality is better than quantity!

Please make sure you only exercise as instructed by your therapist. This will help you get the most use of your hand back long-term.

What exercises should I do?

Your therapist will advise you on which exercises to complete. Only perform the ticked exercises.

<p>Abductor pollicis longus (APL) <input type="checkbox"/></p> 	<ul style="list-style-type: none"> • Rest your affected hand on the table in a 'handshake' position. • Apply resistance to the side of your hand at the bottom of your thumb. • Try to bend the wrist up to the ceiling but do not allow it to move.
<p>Extensor carpi radialis longus/brevis (ECRL/B) <input type="checkbox"/></p> 	<ul style="list-style-type: none"> • Rest your affected hand on the table with your palm facing down, fingers bent. • Apply resistance to the back of your hand. • Try to bend the wrist back against the resistance from your other hand.
<p>Extensor carpi ulnaris (ECU) <input type="checkbox"/></p> 	<ul style="list-style-type: none"> • Rest the elbow of your affected hand on the table with your palm facing you. • Use your other hand to resist the movement of bending your wrist back (away from you). • Keep your elbow still throughout.

<p>Flexor carpi ulnaris (FCU)</p>  <input type="checkbox"/>	<ul style="list-style-type: none"> • Rest your affected hand on the table with your palm facing up. • Bend your wrist up towards the ceiling resisting with the other hand so that it does not move. • You should resist on the little finger side of the hand.
<p>Flexor carpi radialis (FCR)</p>  <input type="checkbox"/>	<ul style="list-style-type: none"> • Rest your affected hand on the table with your palm facing up. • Bend your wrist up towards the ceiling resisting with the other hand so that it does not move. • You should resist on the thumb side of the hand.
<p>Pronator quadratus (PQ)</p>  <input type="checkbox"/>	<ul style="list-style-type: none"> • Rest your affected forearm on the table in a 'handshake' position with your fingers straight. • Try to rotate your forearm so that your hand is flat on the table • Apply resistance to the wrist at the base of the thumb so that the hand does not move.

Additional instructions

Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.

For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist's name is _____

Treatment enquiries: 020 8725 1038 (answer phone only)

Appointments: 020 8725 0007

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 9am and 5pm, 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

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

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