

Wrist Exercises

This leaflet offers more information about wrist exercises for patients under the care of the St George's hospital hand therapy team. Please ensure that you only exercise as instructed by your therapist.



If you have any further questions or concerns, please speak to your therapist.

Why should I do wrist exercises?



These exercises may help reduce stiffness and increase the amount you can move your wrist. You may find your joints and muscles feel stiff or painful to begin with, but as you carry on with the exercises this should get better.

How should I do my exercises?

You will need to do these exercises either passively or actively - your therapist will let you know which.

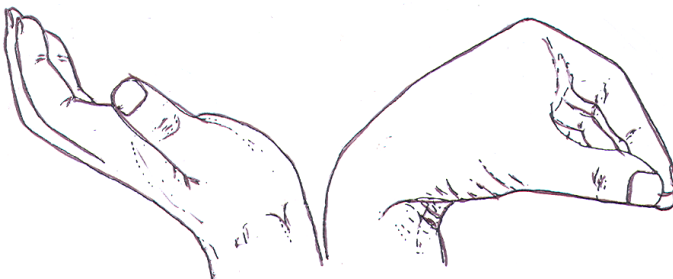
-  **Passively** – means pushing your wrist into the position with your unaffected hand.
-  **Actively** – means using your wrist muscles to move the wrist by themselves.

How often should I do my exercises?

-  These exercises should be done times per day
-  You should hold each position for seconds.

What exercises should I do?

1. Forwards and backwards



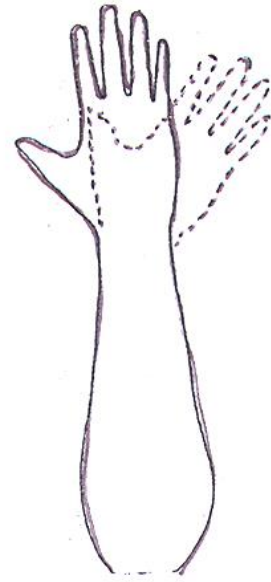
- a) With your fingers relaxed, take your wrist back as far as you can.
- b) Then, keeping your fingers relaxed, move your wrist as far forward as you can.

Repeat times **passively / actively**.

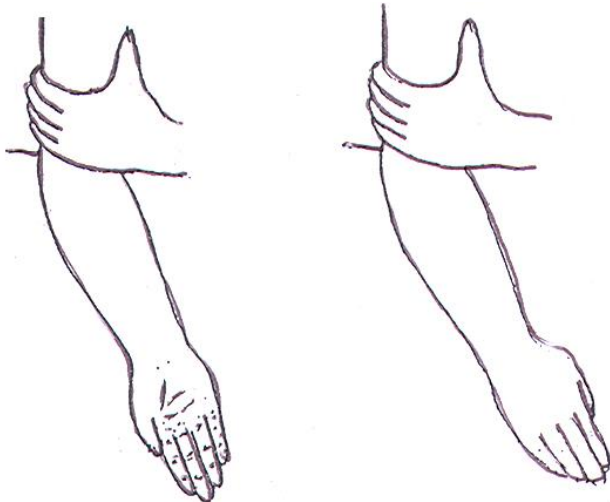
2. **Side to side**

- a) With your elbow on the table and fingers straight, tilt your wrist from side to side, keeping your forearm still.

Repeat times **passively / actively**.



3. **Palm up/ palm down**

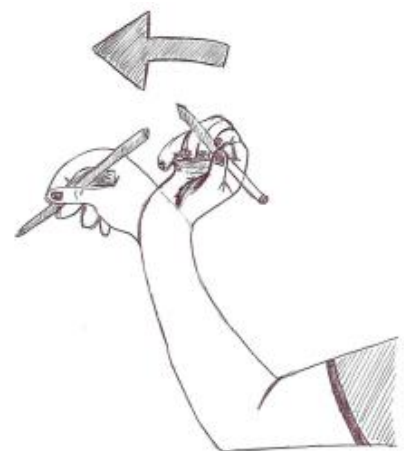


Repeat times **passively / actively**

- a) Sit with your elbow bent and your forearm resting on a table or armrest, keeping your arm tucked into your side.
b) Hold onto your arm above your elbow to stop your shoulder from moving.
c) Turn your wrist so your palm faces up towards the roof.
d) Then turn your wrist so your palm faces down to the table.

4. **Dart thrower's motion**

- a) With your elbow on the table, hold a pen (or imagine you are holding one) between your thumb and index finger.
b) Pull your wrist back towards your body
c) Then push your wrist forwards as if aiming a dart. This should be a diagonal movement, not just forwards and backwards.



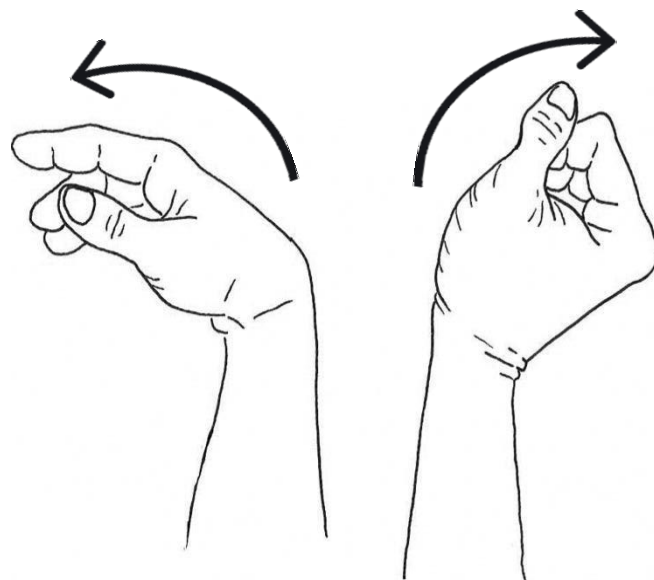
Do this slowly and carefully, aiming for quality not quantity!

Aim for times **passively / actively**.

5. **Wrist Tenodesis**

- a) With your fingers relaxed, bend your wrist as far forward as you can. Allow your fingers to straighten during the movement.
- b) Then, keeping your fingers relaxed, move your wrist as far backwards as you can. Allowing your fingers to bend into a fist during the movement.

Repeat times **passively / actively.**



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

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Or scan here



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

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

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). 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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