

Passive Wrist Exercises

This leaflet provides 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 at first 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 forseconds.

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 ☐



- Bring your palms together in front of you and close to your chest.
- Interlace your fingers.
- 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 ☐



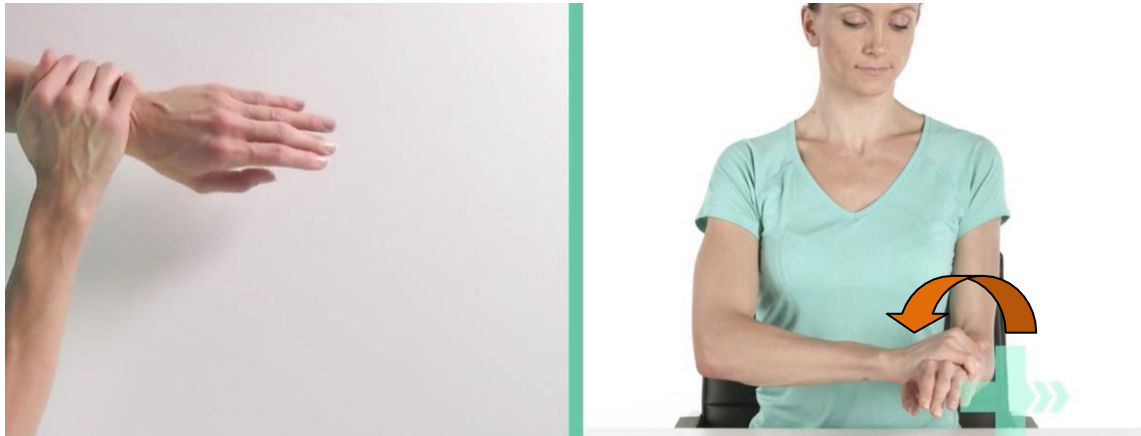
- In standing, place your palm flat on the table with your elbow straight.
- Gently move your body over your wrist ensuring your palm remains flat on the table, until you feel a stretch at your wrist.
- Place your hand on the wall above your head.
- Gradually slide your hand down the wall until you feel a gentle stretch over the front of your wrist. Stop before your palm starts to lift away from the wall.

5. Wrist supination ☐



- With your elbow bent in at your side, rotate your wrist palm facing up as far as able.
- 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.

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Contact us

If you have any questions about your recovery, 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.

Or scan
here



Your therapist's name is: _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

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

Was this information helpful? Yes / No

Please let us know, contact patient.information@stgeorges.nhs.uk and include the leaflet title.

Thank you.

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS 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 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.

Reference: HAN_PWE_03 Published: May 2025 Review date: May 2027
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