

Isometric Wrist Strengthening

This leaflet explains more about isometric wrist strengthening exercises for patients 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?

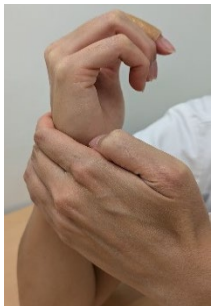
Isometric exercises focus on tightening/contracting a specific muscle/group of muscles. The targeted muscles don't change in length, and the joints involved don't move at all. Because isometric exercises don't involve movement/full range of motion of a joint and can target specific muscles, they can improve wrist strength and stability whilst minimising pain.

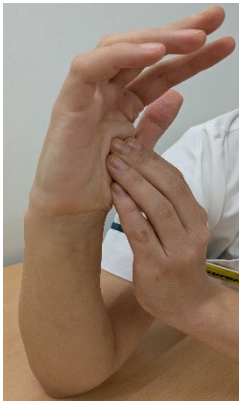
How often should I do my exercises?

- Please complete each exercise _____ times.
- Hold each position for _____ seconds.
- Repeat _____ times per day.

What exercises should I do?

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

Abductor pollicis longus (APL)  ☐	• 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.
Extensor carpi radialis longus/brevis (ECRL/B)  ☐	• Rest your affected hand on the table with your palm facing down, fingers relaxed. • Apply resistance to the back of your hand. • Try to lift the wrist up against the resistance from your other hand.
Extensor carpi ulnaris (ECU)  ☐	• Rest the elbow of your affected hand on the table with your wrist in a neutral position (thumb facing towards you). • Keeping your fingers relaxed, use your other hand to resist the movement of bending your wrist back (away from you). • Keep your elbow still throughout.

Flexor carpi ulnaris (FCU) 	☐ • Rest your affected hand on the table with your palm facing up. • Keeping your fingers relaxed, 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.
Flexor carpi radialis (FCR) 	☐ • Rest the elbow of your affected hand on the table with your wrist in a neutral position (thumb facing towards you). • Keeping your fingers relaxed, use your other hand to resist the movement of bending your wrist forwards. • You should resist on the thumb side of your hand. • Keep your elbow still throughout.
Pronator quadratus (PQ) 	☐ • Rest your affected forearm on the table in a 'handshake' position with your fingers straight. • Try to rotate your forearm, palm down, towards the table. • Apply resistance to the wrist at the base of the thumb so that the hand does not move.

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 is:

Treatment enquiries: 020 8725 1038
Appointments: 020 8725 0007

Email: handtherapy@stgeorges.nhs.uk

Or scan
here



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.

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

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

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

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.

