

# 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.

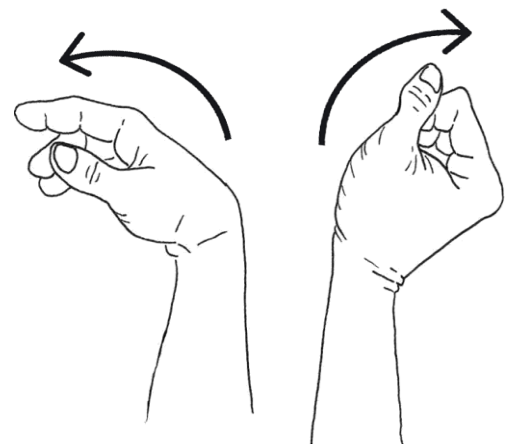
## How often should I do my exercises?

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

## What exercises should I do?

### 1. Forwards and backwards (wrist tenodesis)

- With your fingers relaxed, bend your wrist as far back as you can. Allow your fingers to relax into a bend during the movement.
- Then, keeping your fingers relaxed, move your wrist as far forwards as you can. Allowing your fingers to straighten.

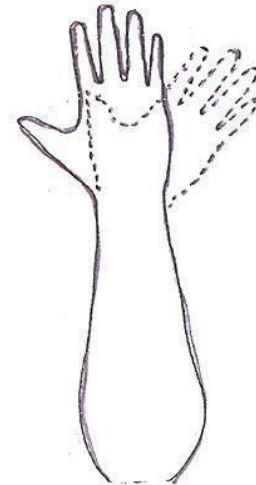


Repeat  times.

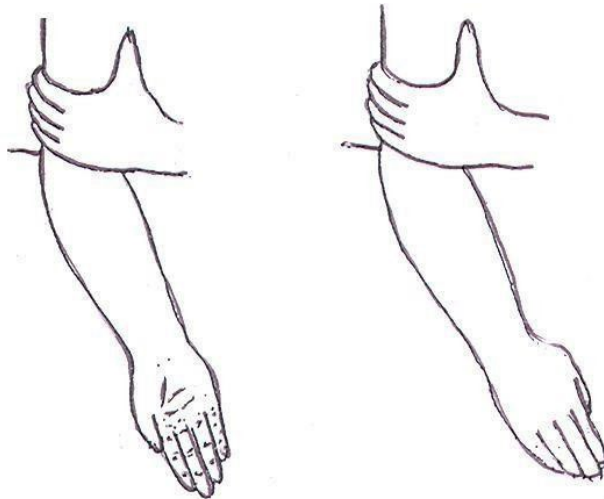
## 2. Side to side

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

Repeat  times.



## 3. Palm up/ palm down

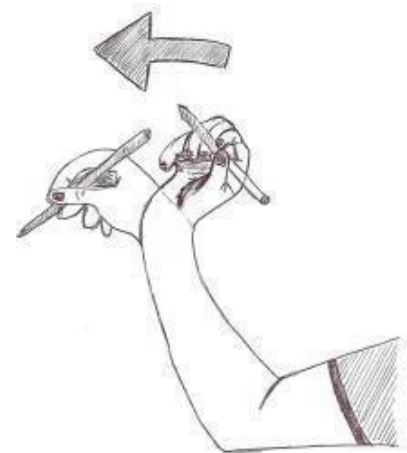


Repeat  times.

- 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!

Repeat  times.

## Additional instructions

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## 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](mailto:handtherapy@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.

