Wrist Rehabilitation Group Information

This information is for patients who have been offered a place within the wrist rehabilitation group. We hope it answers some of the questions you may have about the group.

What is the Wrist rehabilitation Group?

The wrist rehabilitation group is a structured, evidence-based program designed to help patients recover from wrist injuries.

This class focuses on a targeted, higher-level exercise program. It combines various wrist and whole-body exercises to improve strength and stability, reduce pain, and help prevent further injury to the wrist.

Please note: This class is a "higher-level" program for patients who have completed initial therapy and are medically cleared for advanced, whole-body exercise. It is an add-on to boost your recovery and does not replace your daily home exercise programme. If you are still in the "acute" phase (experiencing recent or severe pain), individual 1:1 session remain the most suitable way to support your progress until you are ready for this group. Please inform your therapist immediately if your symptoms change or pain increases during the course.

What do I wear for the classes?

Please wear clothes you are comfortable to exercise in, we are unable to provide changing facilities. Please also bring a water bottle to maintain hydration.

How long do I have to attend for?

You will be given the opportunity to attend the Wrist rehabilitation Group for a block of six weeks.

When and where should I attend?

The group runs as a 6-week rolling programme, split into two rotating weekly formats (Week 1 and Week 2).

Day: Thursday

Time: 15:30 – 16:15 (45-minute session)

Location: Main treatment area, Hand Therapy Department

Group Size: 4-6 patients per session, run by one specialist hand therapist

What happens in the group?

Each 45-minute session is organised into a circuit format to ensure a full-body approach to wrist health:

1. The Warm-Up
We begin with gentle movements to prepare the joints for the whole-body exercises.

2. The Circuit
The core of the session consists of 6 specific exercises. You will spend 4 minutes on each exercise, breaking it down into sets and repetitions as advised by the therapist. There is a 1 minute rest period between stations to allow you to move to the next exercise.

3. The Cool Down
To finish, we focus on recovery and flexibility through stretches.

What if I am late or cannot attend?

Consistent attendance is key to your progress. Because this is a progressive 6-week course, we recommend starting at a time when you can attend every session. If you have a holiday or prior commitments booked, please consider joining the next available 6-week block instead. If you must miss a session, please notify us as soon as possible so we can maintain your place in the group. Please note that if you are late, you may miss the essential warm-up required for this class, which may prevent you from participating that day. Two missed sessions without notice will result in discharge from the group to allow others to benefit from the limited spaces.

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 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

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This has been endorsed by the Patient Information Group PInG