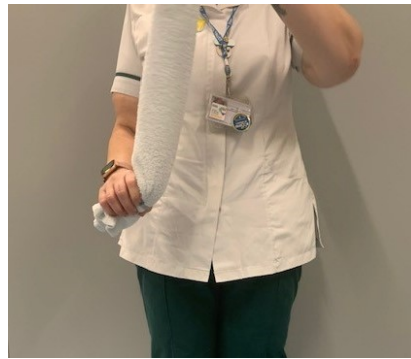


Passive wrist pronation / supination using a towel

Hand Therapy

SUPINATION: Monitor your posture to ensure you are not leaning, to enable you to get the best out of the exercise. Can be useful to do this in front of a mirror.

Hold towel with your affected hand



Let the towel drape over the wrist



- Hold the towel with you injured hand
- Let the weight of the towel hang over the wrist
- With you other hand gently pull to feel a stretch

With your other hand, gently pull the towel to feel a stretch into supination



PRONATION: Monitor your posture to ensure you are not leaning, to enable you to get the best out of the exercise. Can be useful to do this in front of a mirror.

Hold towel with your affected hand



With your other hand start to gently pull the wrist into pronation, and hold when you feel a stretch



Please complete		Times a day
Holding each position		Seconds
Repeat		Times

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਡਰਾਈਵਿੰਗ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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