

# Towel Wringing Hand Therapy

Towel Wringing working on grip strength, wrist strength and wrist range of motion. Make sure you have good posture and that you are relaxed in the shoulders.

Hold with your unaffected hand



Grip and twist with your affected hand

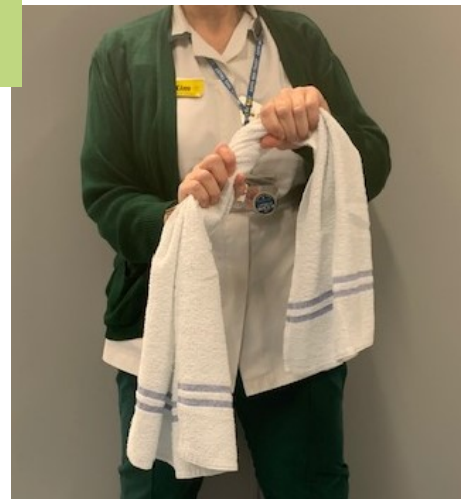


- Good posture
- Hold with unaffected hand
- Twist with effected hand
- Hold the twist

Let go



then twist in the opposite direction



You can change hand grip as long as you can feel the affected hand is working hard



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](mailto: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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**Version:** 1

**Published:** January 2023

**Review:** January 2025

**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.**



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 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر داخل کریں  
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 Jeżeli chcemy, aby te informacje w innym języku,  
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