

Active Wrist Exercises

Hand Therapy

ACTIVE FLEXION AND EXTENSION



Forearm supported on a table, bend your wrist forwards as far as you can and hold as requested.



Forearm supported on a table, bend your wrist backwards as far as you can and hold as requested.

GRAVITY ASSISTED EXTENSION AND FLEXION



Rest on your elbow on a table and let your wrist fall backwards as far as you can. Keep your fingers in a relaxed position. Hold as requested.



Rest your arm on the table and let your wrist bend forwards as far as you can. Keep your fingers relaxed and hold as requested.

ULNAR / RADIAL DEVIATION



Put your hand flat on a surface. Move the wrist from side to side, keeping the forearm straight. Hold as requested in each direction for a prolonged stretch.

SUPINATION / PRONATION



With your elbow bent at 90° and positioned by your side-turn your palm up and then turn your palm down without letting your elbow move. Make sure your elbow is held against your body, it may help to stand in front of a mirror to ensure correct position. Hold each position as request for a prolonged 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 بہ ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر دیا جائے گی

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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