

Passive Wrist Exercises

Hand Therapy



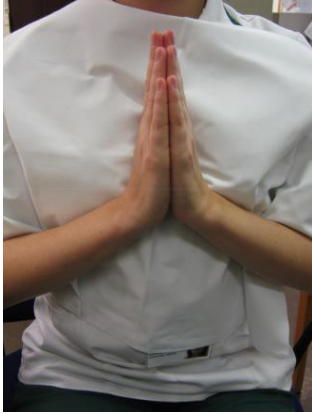
Forearm supported on a table with your hand over the edge & palm facing down. Let your hand drop then apply pressure with your other hand. Hold as requested into prolonged stretch.



With your forearm supported on a table, lift your wrist up then use your other hand to apply pressure into the palm. Hold as requested into the prolonged stretch.



With the hands either palm to palm, or clasped together, bend the wrists **from left to right, then towards & away from the body**. Use your unaffected hand to gently stretch the affected wrist. Hold each position as requested for a prolonged stretch.



Extend your wrists so that your palms sit flat against each other. Gradually lower your wrists towards your waist, bringing your elbows out as required. If palms start to part, then push and hold that stretch as required.



Keep your effected elbow into you side. Turn your palm down and with your other hand passively push further down to the floor and hold as requested, then turn your palm up and with your other hand passively push and hold as requested.

Please complete		Times a day
Holding each positon		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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