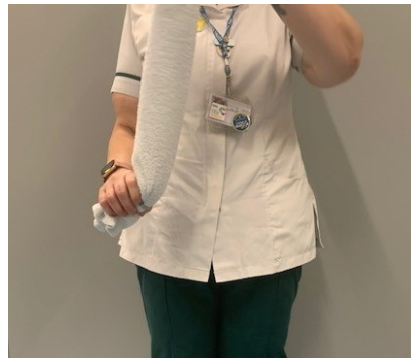


# Passive wrist pronation / supination using a towel

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

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 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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