

Passive Wrist Exercises

Hand Therapy



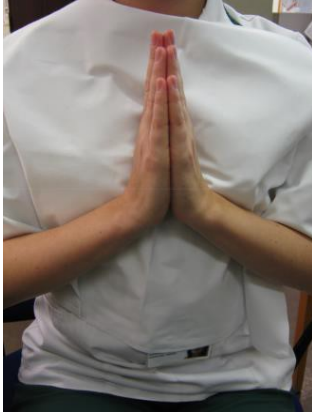
Forearm supported on a table with your hand over the edge & palm facing down. Let your hand drop then apply pressure with your other hand. Hold as requested into prolonged stretch.



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.

Author: Kim Dunbar, Associate OT Practitioner

Department: Hand Therapy Department

Version: 1

Published: February 2023

Review: February 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.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰجمੇ 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

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

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk