

# Gentle Passive Wrist Extension with Towel Hand Therapy

Wrist extension is possibly the most important movement for effective hand function. It is possible to improve this movement whilst you are at rest as well as completing your exercises.

Rest with your hand on the rolled-up end of a towel. **Your forearm should be flat on the surface**, with your wrist extended and your hand in relaxed position. This should provide you with a gentle sustained stretch with your wrist in extension.

You can increase the stretch **by increasing the roll- up of the towel**, however, **be sure that you can tolerate it**.



**Your forearm should be flat on the surface, your wrist extended and your hand relaxed.**

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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 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਾਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

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

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