

Hand Therapy

Wrist – Advanced, Co-Activation/Reactive Muscle Activation

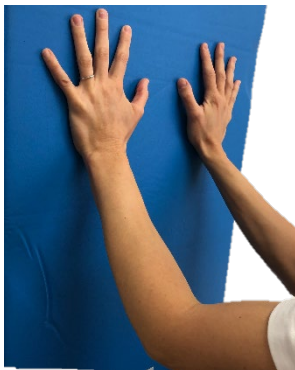
These exercises will challenge the stability and strength of your wrist. It is normal to experience some discomfort whilst exercising but work within the limit of your pain. You should take regular pain relief if required.

Try to do these exercises.....



Weight bearing on uneven surfaces

Place an uneven object on a flat surface. Lean into the object with both hands and maintain your balance. Challenge yourself further by making circular motions. Progress to using just your affected hand.



Wall push ups

Do a push up from the wall. To make it harder stand further away from the wall or try bouncing away from the wall and back to it, or progress to floor push ups.



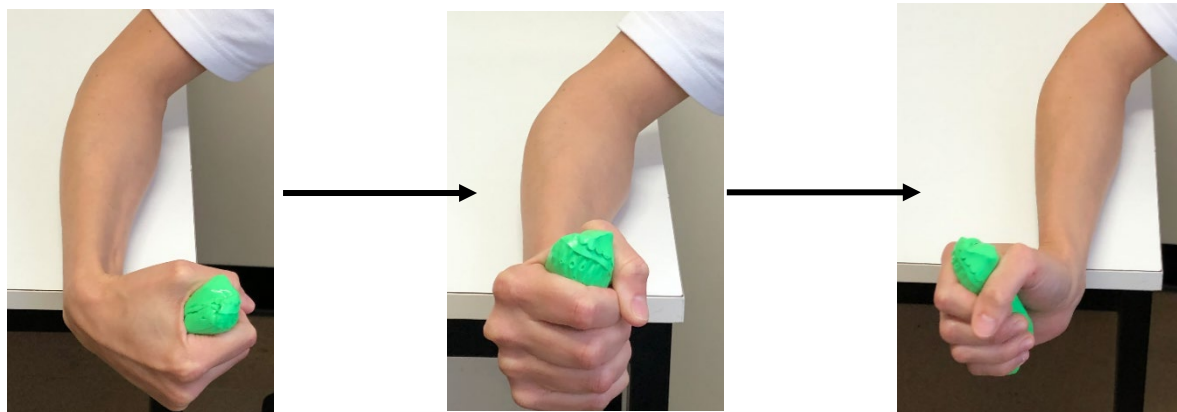
Powerball

This is a gyroscope that will produce multidirectional movements and encourage the wrist to react and respond. You can purchase one online.

To contact us email: qvh.handtherapy@nhs.net

Alternatively phone: 01342 414072

Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy



Power grip – flexion and extension

Rest your forearm on a table with your thumb towards the ceiling. Squeeze a ball/putty. Slowly bend your wrist forwards then backwards whilst maintaining the grip. Repeat.



Power grip – supination and pronation

Keep your arm by your side with your elbow bent to ninety degrees. Squeeze a ball/putty. Slowly turn your arm palm up and palm down whilst maintaining the grip. Repeat.



Throw and catch a ball

Try throwing a ball in the air and catching it. Try throwing a bouncy ball against a wall and catching it. Try throwing and catching a ball with someone else. Try to use a racket to hit a ball. Change the ball size, speed, direction. Use both hands initially then progress to using just your affected hand.