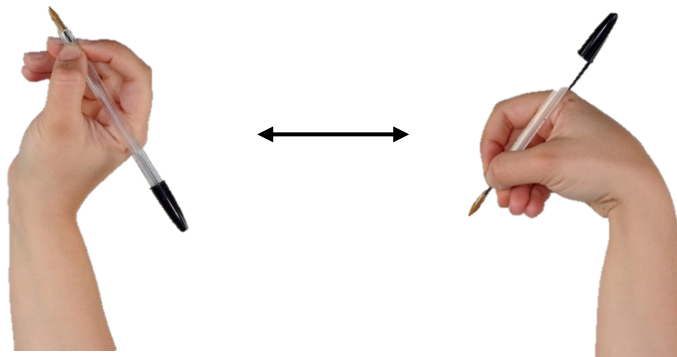


Hand Therapy

Wrist – Early Rehabilitation

The aim of these exercises is to build on 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.....



Dart Throwers Motion

Hold onto a dart or pen with a light grip. Rest your elbow on a table. Move your wrist as though you are going to throw a dart. That is to say, bend your wrist back in the direction of your thumb, and then move your wrist forwards in the direction of your little finger. Keep your forearm and elbow still, just move from the wrist. Repeat this motion slowly and smoothly.



Rolling your wrist on a ball or an uneven surface

Rest your hand on an uneven surface such as a ball / rolled up magazine / filled cold water bottle. Without leaning on the object, roll your hand and wrist over it slowly and smoothly in different directions. Try to control the direction and movement as much as possible.

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

Alternatively phone: **01342 414072**

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