

Hand Therapy

Wrist – Intermediate, Active Control Through Range

The aim of these exercises is to build on the control you have when moving 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.....

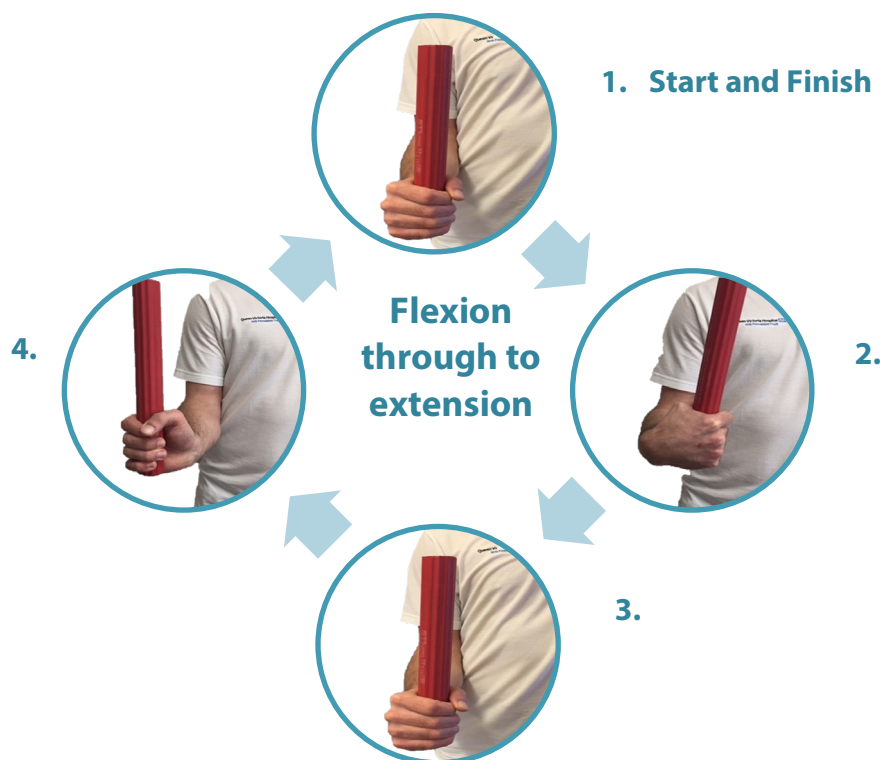
Pronation through to supination

1. Keeping your arm by your side, bend your elbow and loosely hold onto an object (as advised by your therapist) such as a rolled up magazine, water bottle or hammer. Your thumb should be towards the ceiling.
2. Slowly and with control, turn your palm towards the floor as far as possible.
3. Slowly, return to the starting position.
4. Then slowly and with control turn your palm towards the ceiling as far as possible.
1. Return to the starting position, and repeat.

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



1. Keeping your arm by your side, bend your elbow and loosely hold onto an object (as advised by your therapist) such as a rolled up magazine, water bottle or hammer. Your thumb should be towards the ceiling.
2. Slowly and with control, bend your wrist towards you, as far as possible.
3. Slowly, return to the starting position.
4. Then slowly and with control bend your wrist away from you, as far as possible.
1. Return to the starting position, and repeat.



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.