

## Hand Therapy

### Wrist – Intermediate, Eccentric Flexion and Extension

The aim of these exercises is to build on the stability and strength of your wrist. Eccentric exercises strengthen the muscles whilst they are lengthening and releasing. 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.....

**Wrist Flexion**

1. Bend your affected wrist forwards with your palm facing up.
2. Place a weight in your affected hand, using your unaffected hand.
- 3-4. Slowly, lower your wrist whilst holding the weight.
5. Remove the weight from your affected hand, with your unaffected hand.
- 6-1. Return to the starting position and repeat.

To contact us email: [qvh.handtherapy@nhs.net](mailto:qvh.handtherapy@nhs.net)

Alternatively phone: **01342 414072**

Information at [www.qvh.nhs.uk](http://www.qvh.nhs.uk) - Our services/Therapies/Hand Therapy

