

# Hand Therapy

## Wrist – Intermediate, Eccentric Supination/Pronation

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  
Supination**

1. Keeping your arm by your side, bend your elbow with your palm facing up.
2. Place a weight in your affected hand, using your unaffected hand.
- 3-5. Slowly, turn your wrist whilst holding the weight, so that your palm is facing down.
6. Remove the weight from your affected hand, with your unaffected hand.
- 7-1. Return to the starting position and repeat.

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

**Wrist  
Pronation**

1. Keeping your arm by your side, bend your elbow with your palm facing down.
2. Place a weight in your affected hand, using your unaffected hand.
- 3-5. Slowly, turn your wrist whilst holding the weight, so that your palm is facing up.
6. Remove the weight from your affected hand, with your unaffected hand.
- 7-1. Return to the starting position and repeat.