

Hand Therapy

Wrist – Intermediate, Isometric Exercises

The aim of these exercises is to build on the stability and strength of your wrist. These exercises will strengthen your wrist muscles without movement. 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.....

Flexion

Make a relaxed fist with your affected hand with your palm facing up.

Place your other hand on top.

Try to bend your affected wrist forwards, pushing into the other stabilising hand. Your wrist should not move. Hold for 5 seconds. Relax then repeat.



Affected Hand

Extension

Make a relaxed fist with your affected hand with your palm facing down.

Place your other hand on top.

Try to bend your affected wrist backwards by pushing into the other stabilising hand. Your wrist should not move. Hold for 5 seconds. Relax then repeat.



Affected Hand

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

Alternatively phone: **01342 414072**

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

Supination

Place your affected arm by your side, bend your elbow with your thumb towards the ceiling. Place your other hand underneath your affected hand so that your fingers are on the back of your affected hand.

Try to turn your affected palm towards the ceiling, gently pushing against your other hand. Your affected wrist/arm should not move. Hold for 5 seconds. Relax then repeat.



Pronation

Place your affected arm by your side, bend your elbow with your thumb towards the ceiling. Place the fingers of your other hand on your affected palm.

Turn your palm towards the floor and gently push against your other hand. Your affected wrist/arm should not move. Hold for 5 seconds. Relax then repeat.



Radial Deviation/Abduction

Make a fist with your affected hand with your thumb towards the ceiling. Place your other hand on top.

Gently push against your other stabilising hand as though you are pushing your wrist towards the ceiling. Your wrist should not move. Hold for 5 seconds. Relax then repeat.



Ulnar Deviation/Adduction

With your affected hand, make a fist (thumb towards the ceiling). Place your other hand underneath.

Gently push against your other hand as though you are pushing your wrist towards the floor, however, your wrist should not move. Hold for 5 seconds. Relax then repeat.

