

Hand Therapy

Wrist - Resistance Band Exercises

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. Before using the resistance band ensure that it is not torn or damaged.

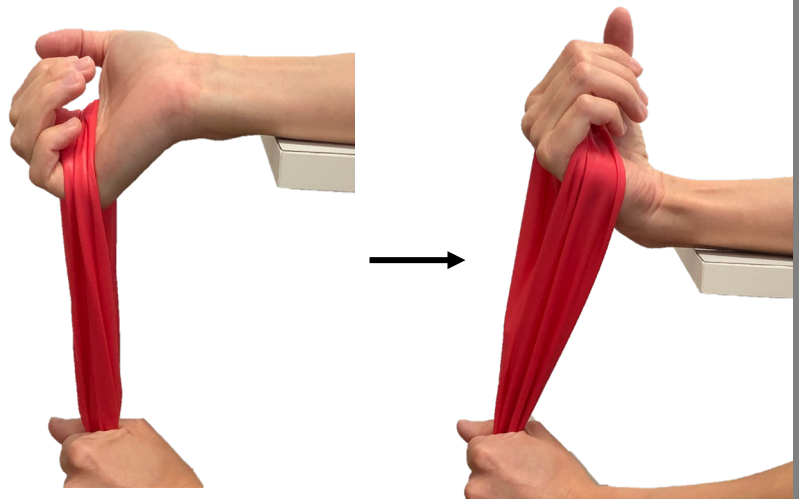
Try to do these exercises.....

Wrist flexion

Rest your forearm over a table with your palm facing the ceiling. Make a relaxed fist with your fingers.

Place the resistance band over your palm. Pull the resistance band down with your other hand so that it is taut.

Bend your wrist towards the ceiling (keeping the band taut and your fingers relaxed). Hold the position for 3-5 seconds, before returning to the starting position.

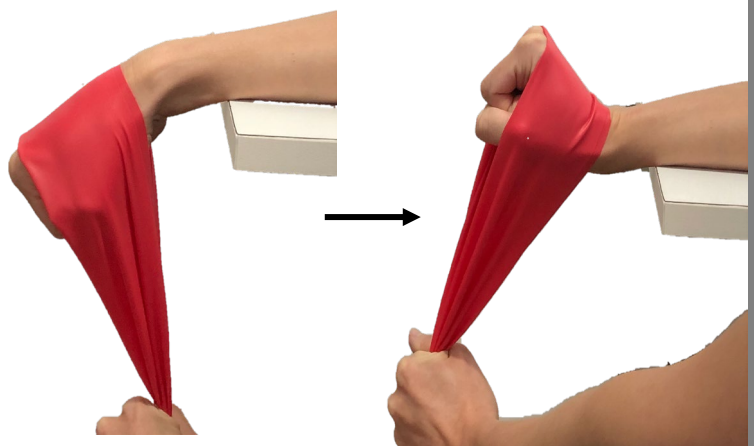


Wrist Extension

Rest your forearm over a table with your palm facing the floor. Make a relaxed fist with your fingers.

Place the resistance band over the back of your hand. Pull the resistance band down with your other hand so that it is taut.

Bend your wrist back towards the ceiling (keeping the band taut and your fingers relaxed). Hold the position for 3-5 seconds, before returning to the starting position.



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

Alternatively phone: **01342 414072**

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

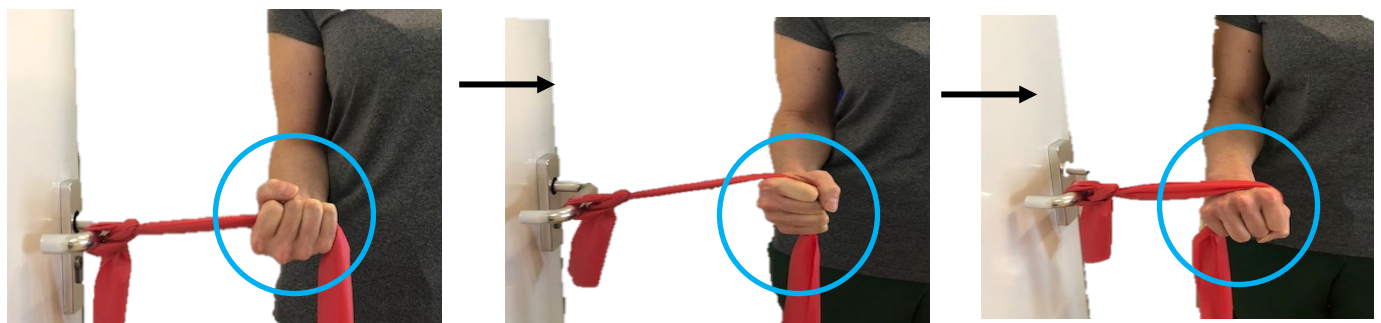
Wrist Supination



Place both elbows by your side. Hold onto the resistance band with your affected hand palm down, and your unaffected hand with your thumb facing towards the ceiling. The resistance band should be taut.

Slowly and smoothly, turn your affected wrist so that your palm is facing towards the ceiling (keeping the band taut throughout). Hold the position for 3-5 seconds before returning to the starting position.

Wrist Pronation



Securely tie one end of the resistance band to a door handle (make sure the door is properly closed). Keeping your elbow by your side, hold the resistance band with your affected hand and so that your palm is facing up. The resistance band should be taut.

Slowly and smoothly turn your affected wrist so that your palm is facing the floor (keeping the band taut throughout). Hold the position for 3-5 seconds before returning to the starting position.