



REHABILITATION

Wrist Exercises

You have had an injury or surgery to your wrist.

It is important that you now work on regular exercises in order to regain the best function in your wrist and hand.

The following is an outline of a set of exercises that you may find helpful during your recovery.

Work through each exercise 10 times every 2 hours during the day.

Active Extension and Flexion

Bend the wrist backwards (extension) and forwards (flexion) until you feel a tightness. Hold each stretch for the count of 10 seconds in each direction. Repeat 10 times.



Passive Extension and Flexion

Bend the wrist backwards (extension) and then forwards (flexion) until you feel tightness. Using your other hand to push into each position. Holding each stretch for 10 seconds.



Supination and Pronation

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces upwards (supination) and then rotate your forearm so your palm faces the floor (pronation). Hold each stretch for the count of 10 seconds in each direction. Repeat 10 times.



Pronation and Supination

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces upwards (supination) and then downwards (pronation). Use your other hand to gently push your wrist further into each position. Hold each stretch for the count of 10 seconds in each direction. Repeat 10 times.





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Prayer Stretch

Place your hands together with your elbows bent (as though praying), ensuring your palms are touching. Slowly bring your hands down the centre of your body - maintaining contact at the palms throughout. Hold for 10 seconds. Repeat 10 times.



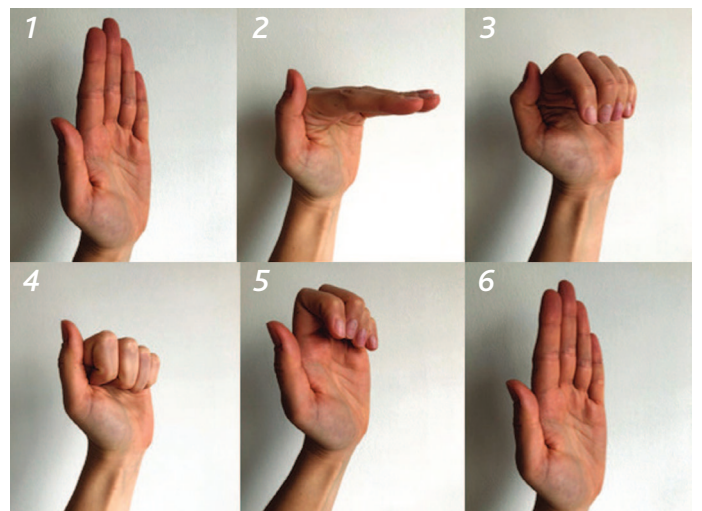
Dart Thrower's Motion

Hold onto a pen with a light grip. Rest your elbow on the table. Pretend you are going to throw the pen like a dart by bending your wrist back in the direction of your thumb then move your wrist diagonally forwards in the direction of your little finger. Repeat 10 times.



Tendon Gliding

Complete as a sequence, as numbered. Increase the stretch in each position using the other hand if you feel stiff. Repeat 10 times.



Scar Massage (if you have had surgery).

Apply deep circular massage with firm pressure 5 times daily for 5 minutes to the scar and surrounding area. You may use a non-scented moisturiser to help with this and to soften the skin.