



REHABILITATION

Wrist Proprioception

Proprioception is the ability to know where we are in space. Sometimes this position sense can be reduced after an injury or immobilization.

The following exercises are designed to help restore this position sense to normal and so improve the stability and strength in the wrist.

Hand in Space

Sit on a chair with your eyes closed. Move the wrist of your uninjured arm into a position. Try to match this position with your other hand. Open your eyes to check if you have got it right. If the two sides are not the same, move your injured side into the correct position, and close your eyes again to see what this position feels like.

Repeat 5-10 times on each arm up to three times a day.

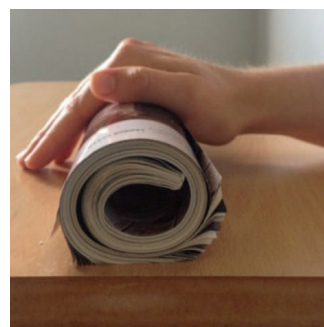


Rolling on an object

Rest your hand and wrist on an uneven surface such as a ball, rolled magazine, cushion, or water bottle.

Then, without leaning through the object, roll your hand and wrist over it slowly and smoothly.

If using a cushion or ball, try to isolate and move only your wrist in a circular pattern.





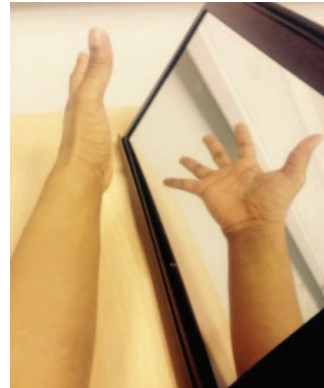
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Mirror Therapy

Place your unaffected limb in front of the mirror and your affected limb behind the mirror – hiding it.

Look at the reflection for a few minutes concentrating on what you see. Start to move both limbs / hands at exactly the same time smoothly and controlled.

Attempt 4–5 times per day for short periods of 5–10 minutes.



Active Control through Range, low weight

1. Control of flexion and extension.

Rest your forearm on the edge of a table with your chosen weight in your hand (a light dumbbell is shown in the picture).

Start with the hand bent down towards the floor (flexion) and move the hand up towards the ceiling (extension). Slowly return to the starting position. Repeat 5 times.



2. Control of forearm rotation.

Start with your elbow tucked into your side and your chosen weight in your hand (a rolled up magazine is shown in the picture). Move your hand slowly and smoothly so that your palm is facing downwards. Slowly return to the starting position. Repeat 5 times. Make sure you keep your elbow tucked into your side throughout the exercise.

