

## PATIENT INFORMATION

# Hand and Wrist

## Advice for patients, relatives and carers

### Hand and Wrist exercises

Exercises should be done little and often, at least 3 times a day, 10-15 repetitions of each exercise.

1. Rest elbow on table, hand pointing upwards. You may need to stabilise your forearm using the other hand.
  - a) Bend wrist forwards
  - b) Bend wrist backwards
  - c) Move hand side to side
2. Touch all your fingertips in turn using your thumb and then slide your thumb down each finger as far as possible.
3. Stretch your thumb out and back as far as possible and then bend it across your palm
4. Make a fist and then straighten your fingers out and apart.
5. Tuck elbows into your sides. Turn your palms up and down keeping your elbows tucked in.
6. Place hands together (as if praying), fingers pointing upwards. Keeping your palms together pull the hands down and the elbows up to increase the stretch on your wrist.
7. Place your hands back-to-back, fingers pointing forwards. Draw your hands in towards your stomach, keeping the backs together.

It may be necessary to progress your exercises further to help the strength of the muscles.

This can be done by increasing the number of repetitions and using small weights.

**If you have been given a splint you should wean yourself off this as the pain settles and aim to remove it completely as soon as you feel able.**

## What to Expect?

Your movement and strength will improve over several months. It is important to carry on with these exercises.

It is normal to feel some discomfort when moving your hand and wrist initially, but this should reduce with time.

There are plenty of advice videos that can be found on the web page below:  
[www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/](http://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/)

Videos that you may find helpful if you have had a wrist splint or cast for a few weeks:

**“Accelerating your recovery after having an arm cast”**

If there is no improvement after 2 weeks, then you can self-refer into physiotherapy for assessment and advice.

## To refer yourself for Physiotherapy

**Please Call: 0300 456 9987 (local rate)**

Monday-Friday 08:30 – 12:00 noon (excluding bank holidays)

**Or visit:**

[www.torbayandsouthdevon.nhs.uk/physiopkb](http://www.torbayandsouthdevon.nhs.uk/physiopkb)

All initial physiotherapy consultations are a video call appointment with an Enhanced Clinical Practice (ECP) Physiotherapist.

There are a limited number of initial face-to-face appointments for patients without technology but the waits for these may be a bit longer.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.