

Wrist & hand exercises from 6 weeks



From 6 weeks after cast removal

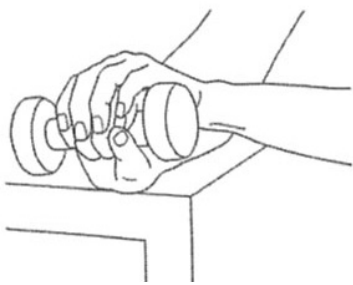
It has now been more than 6 weeks since the orthopaedic doctor was happy for you to start exercise and movement. To return to the activity you want to do, you will need to work on stretching and strengthening the wrist and hand. The following exercises will help you to do this.

Exercises

Attempt to do exercises 3 times a day.

When doing the exercises you will feel some stretching or pressure in the wrist and hand. You may also feel some mild pain. These feelings should ease off with stopping the movement.

If you are feeling strong pain stop the painful exercises. Check with your physiotherapist or orthopaedic doctor before starting again.



Rest the wrist on a table so the hand is free to move.

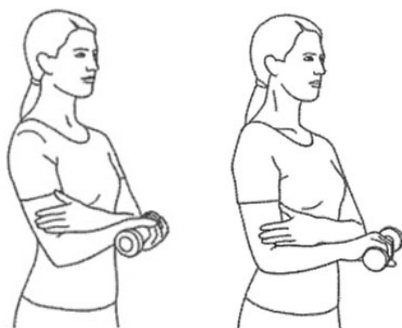
Holding a light weight in the hand slowly lift and lower it as far as you can comfortably. You may want to start with 400-500g of weight (e.g. a can of beans or small water bottle).

Repeat until the muscles of the arm and hand are tired (usually around 10 times). Start with 1 set and build up to 3 sets, having a 30-60 second rest in between.

Do this in 3 positions:

- With your palm facing down (as in the picture).
- With the palm facing up.
- With the palm facing sideways, so that your thumb is facing up.

If you are finding this too easy increase the weight in your hand.



Bend your elbow and keep it in to your side (as in the picture).

Holding a light weight in your hand slowly twist your wrist and hand to try and get your palm facing the roof.

Then try the opposite move to try and get your palm facing the floor.

You may want to start with 400-500g of weight (e.g. a can of beans or small water bottle).

Repeat until the muscles of the arm and hand are tired (usually around 10 times). Start with 1 set and build up to 3 sets, having a 30-60 second rest in between.

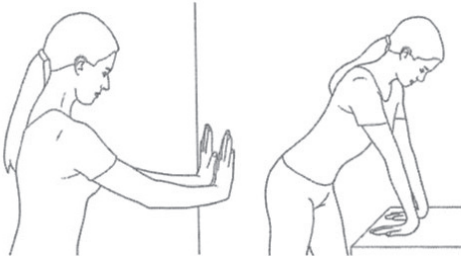
If you are finding this too easy increase the weight in your hand.



Hold a light weight in your hand (i.e. about 400-500g). Keeping the wrist and hand still, bend and straighten the elbows (as pictured)

Repeat until the muscles of the arm and hand are tired (usually around 10 times). Start with 1 set, and build up to 3 sets, having a 30-60 second rest in between.

If you are finding this too easy increase the weight in your hand.



Place your hands so the palms are flat against a wall. Slowly slide the hands down the wall until you feel a stretch in the wrist and hand.

Hold this position for 10 seconds and repeat 3 times.

If this is easy then try holding for longer, up to a minute. Or, try to do the exercise with your hands flat on a table (as pictured).

Grab a firm ball or putty and practice squeezing firmly to increase your grip power. Squeeze for 10 seconds, and repeat 3 times.

Gradually you can increase the time of the holds up to a minute.



Stand next to a wall and place the hands on the wall (keep your arms straight). Slowly, lower your body towards the wall to do a push up (as pictured). Go as far as is comfortable.

Repeat until the muscles of the arm and hand are tired (usually around 10 times). Start with 1 set and build up to 3 sets, having a 30-60 second rest in between.

If you are finding this too easy you can try doing a push up at the kitchen bench, or even on the floor.



Grab a firm ball or some putty and practice squeezing to increase your grip power. Squeeze for 10 seconds, and repeat 3 times.

Gradually increase the squeezing time up to a minute.

For any questions contact Physiotherapy Departments on the following phone numbers:

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Wyong	4394 8217
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Long Jetty	4336 7752

This brochure contains general information for patients being treated at Central Coast Local Health District. It is not a substitute for more detailed information from the Orthopaedic and Physiotherapy Department (OPD). If any exercise causes more than mild discomfort, stop and seek advice from the OPD.