

Wrist & hand exercises from 6 weeks

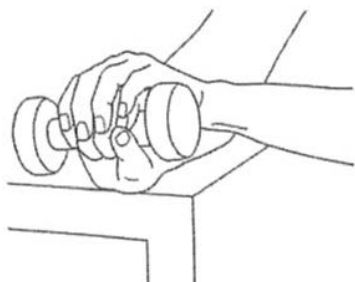
From 6 weeks after removal of a cast

You broke a bone in your wrist and it has now been over 6 weeks since the surgeon was happy for you to start exercise and movement. To return to the activity you want to do, you may need to work on stretching and strengthening the wrist and hand. We have outlined some exercises that may be helpful in doing this.

Exercises

We would recommend attempting stretching exercises 3 times a day. The strength exercises need to be done a minimum of 3 times a week, but once a day is often best.

You will feel some stretching or pressure in the wrist and hand, and even some mild pains during the exercise, but these should ease off with stopping the movement. If you are feeling marked pain stop the exercises and check with your physiotherapist or surgeon.



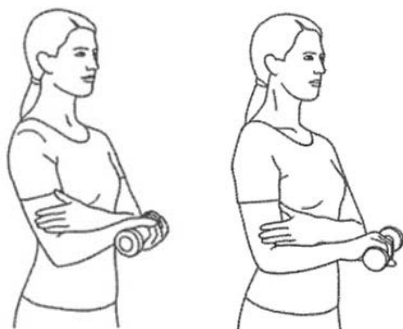
Rest the wrist on a table so the hand is free to move. Now holding a weight in the hand slowly lift and lower it as far as you can comfortably. You may want to start with 400-500g (e.g. a can of beans or small water bottle).

Repeat until you are tired in the muscles of the arm and hand. Usually around 10 times. Start with 1 set, but you could build up to 3 sets, having a small 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 facing is facing up

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



Place your elbow bent at a right angle and held against your side (as pictured). Hold a weight in your hand and 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 (e.g. a can of beans or small water bottle).

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

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



Hold a weight in your hand. Keeping the wrist and hand still, bend and straighten the elbows (as pictured)

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

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



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

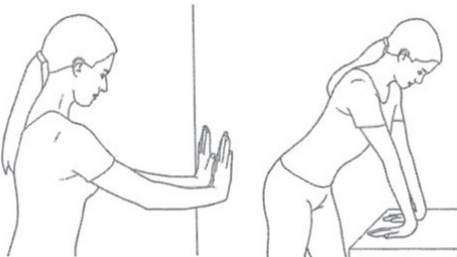
Repeat until you are tired in the muscles of the arm and hand. Usually around 10 times. Start with 1 set, but you could build up to 3 sets, having a small 30-60 second rest in between.

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 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.



Place your hands so the palms are flat 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)

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

Gosford	4320 3314
Wyong	4394 8217
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This brochure provides some information to assist with management and rehabilitation of your injury. While it contains the recommended general information, it does not contain all available information about your injury and is not a substitute for specific advice from the Orthopaedic and Physiotherapy Department in respect of your injury. If you do not understand the information seek clarification. This information is only designed for patients who are currently being treated by the Orthopaedic Department within the Central Coast Local Health District. If you have any concerns about progress of your rehabilitation, contact the Physiotherapy or Orthopaedic Clinic promptly.

Do not continue the exercises in the brochure if you experience increasing pain (some discomfort is common), your condition has deteriorated in any way since you last consulted the Orthopaedic Clinic, or you have a new injury or condition and have not consulted the Orthopaedic or Physiotherapy Clinic about it.