

Patient Exercise Sheet: Wrist and Hand: Mobility Exercises

Physiotherapy



1 **Wrist Flexion and Extension**

2 **Wrist Radial and Ulna Deviation**

3 **Finger Flexion and Extension**

4 **Finger Spreading**

5 **Thumb to Finger Stretch**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

Aim to carry each exercise out for 60 seconds. Repeat this routine little and often throughout the day, aiming for 5 times a day.

1 **Wrist Flexion and Extension**



Clasp both hands together use your unaffected hand to move your painful wrist backwards and forwards. At the end of the movement you may feel a stretch.

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1 Wrist Flexion and Extension

2 Wrist Radial and Ulna Deviation

3 Finger Flexion and Extension

4 Finger Spreading

5 Thumb to Finger Stretch

2

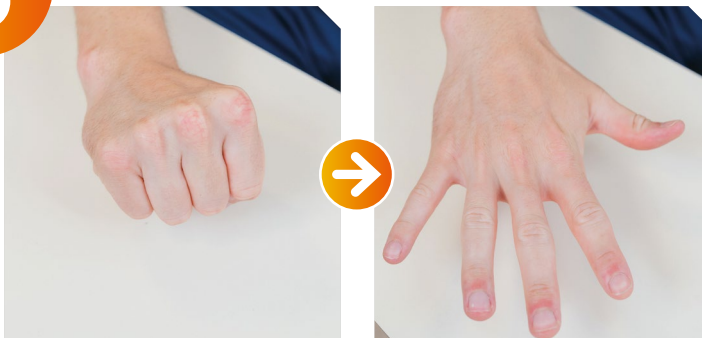
Wrist Radial and Ulna Deviation



Keeping your elbows by your sides, clasp both hands together. Use your unaffected hand to move your painful wrist up and down. At the end of the movement you may feel a stretch.

3

Finger Flexion and Extension



In sitting with your wrist supported onto a table try to form a fist and then straighten your fingers out.

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**1** Wrist Flexion and Extension**2** Wrist Radial and Ulna Deviation**3** Finger Flexion and Extension**4** Finger Spreading**5** Thumb to Finger Stretch

4 Finger Spreading



In sitting place your palm facing down onto the table. Spread your fingers out as far as you can and bring them back together.

5 Thumb to Finger Stretch



Use your thumb to touch from the top of each finger down to bottom of the finger.

