

Patient Exercise Sheet:  
**Wrist and Hand:**  
Strengthening  
Exercises *STAGE 2*

Physiotherapy



**1 Resisted Abduction**

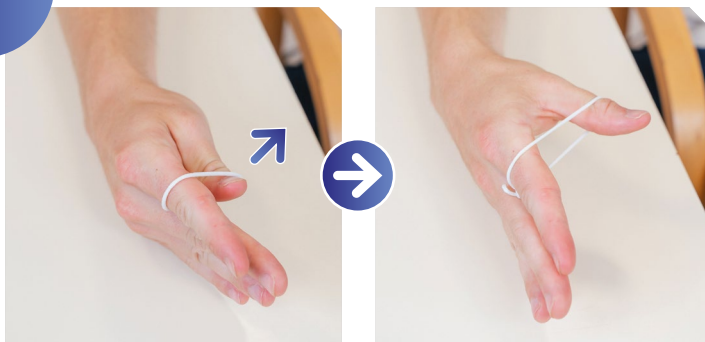
**2 Resisted Extension**

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.

As a guide start with the number of prescribed repetitions and sets. You can increase or decrease based on your pain.

Aim to complete this routine twice a day.

**1 Resisted Abduction**



Rest your forearm on a table with your thumb facing up. Place an elastic band around the tip of your thumb and your index finger. Move your thumb to the side away from your index finger.

Repeat 8 repetitions. 30 seconds rest. Repeat 3 sets.

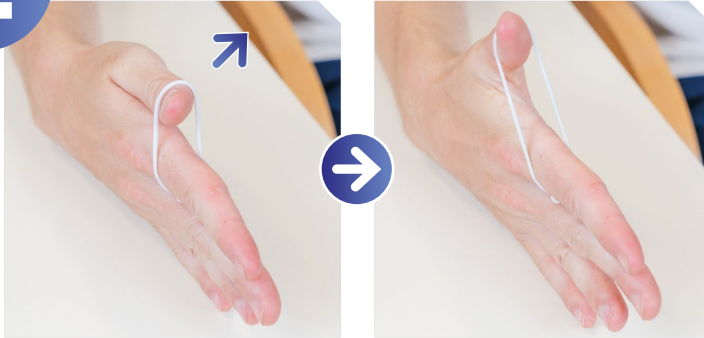
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1 Resisted Abduction

2 Resisted Extension

## 2 Resisted Extension



Rest your forearm on a table with your thumb facing up. Place an elastic band around the tip of your thumb and your index finger. Move your thumb upwards away from your index finger.

Repeat 8 repetitions. 30 seconds rest. Repeat 3 sets.