

INFORMATION FOR PATIENTS

---

## Hand Therapy: Wrist exercises

---

### What do these exercises do?

The following exercises are designed to help you stretch and regain movement in your wrist.

### How often should I do them?

Repeat each exercise 10 times every hour. This way your wrist will be stretched little and often throughout the day. This is the best way to regain and maintain the movement.

### How hard do I push?

With each exercise, take the movement only as far as you feel an uncomfortable stretch. Then hold this stretch for five to 10 seconds.

### Exercises

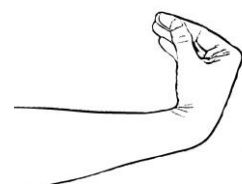
1) Put the palms of your hands together.

Slowly lower your hands and raise your elbows.

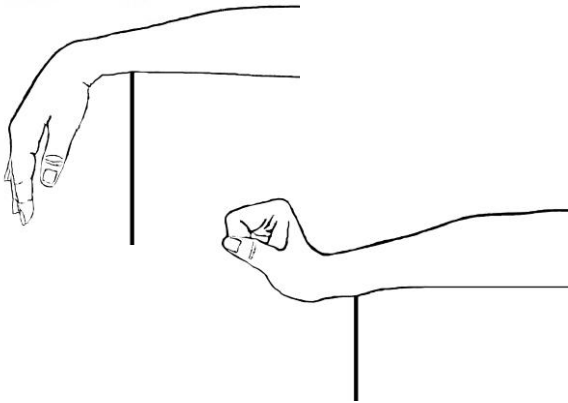
Remember to keep your palms together so you feel a stretch.



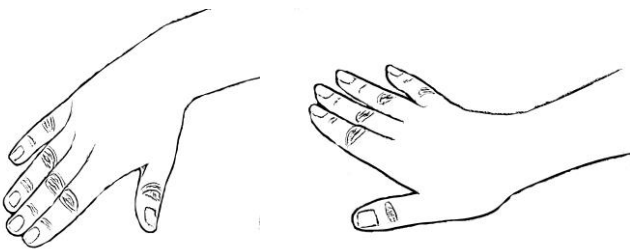
2) Rest the side of your hand on a table. Bend your wrist forwards and backwards.



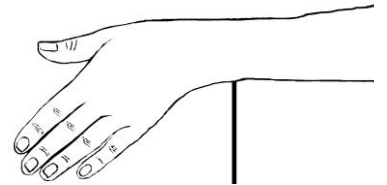
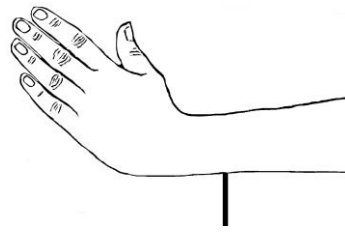
**3)** Rest your hand over the edge of a table, palm down. Make a fist and lift your hand up. Relax your fingers and take your hand down. Remember to keep your forearm on the table.



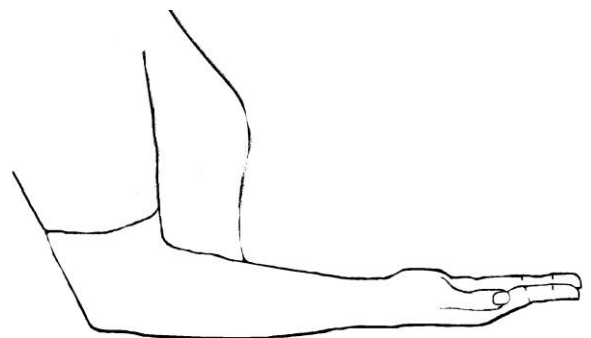
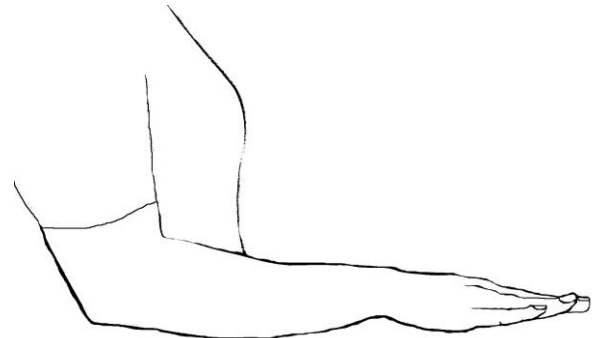
**4)** Rest your forearm on a table with your hand facing palm down. Slide your hand from side to side, moving at the wrist and making sure your forearm stays still.



**5)** Rest the side of your forearm on a table with your hand over the edge. Move your hand up and down.



**6)** With your elbow tucked into your side, turn your hand palm up, then palm down. Remember not to move your elbow.



## Contact details

If you have any questions or concerns about your exercises or your condition, please contact your occupational therapist

.....  
on (01623) 622515, extension 4271.

**For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.**

## Further sources of information

NHS Choices:

[www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202102-03PL-HTWE Created: March 2013 / Revised: February 2021 / Review Date: February 2023</p>
---