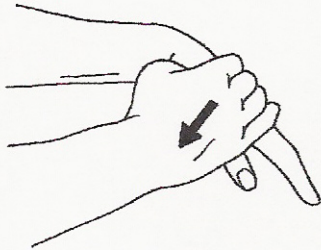


## WRIST EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



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Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. Gently assist the movement with your other hand. Hold 10 secs.

Repeat 5 times.



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Hold the fingers of the hand to be stretched.

Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight. Stretch approx. 20 secs. - relax.

Repeat 4 times.



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Sit or stand. Forearms horizontally in front of you and palms together.

Push palms together for 5 secs. Relax.

Repeat 10 times.



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Forearm supported on a table, hand relaxed over the edge.

Extend the wrist and clench your fist - relax and let your hand drop.

Repeat 15 times.

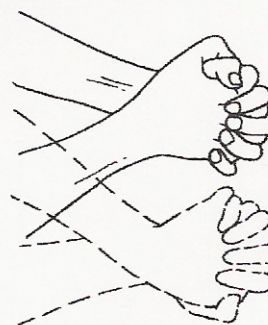


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Hold fingers and wrist straight.

Bend wrist first towards the little finger and then towards the thumb.

Repeat 15 times.



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Clasp your hands together and support your forearms on a table.

Put the back of one hand on the table and then turn your hands and put the back of the other hand on the table.

Repeat 15 times.

- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY