

Wrist Range of Movement Exercises

Hand Therapy Exercise Advice



If you have any questions regarding any of the exercises included within this leaflet, please contact the Physiotherapy Department on **0114 263 2112**.

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issue October 2020 / review October 2022 / version 1

Welcome to exceptional healthcare



These exercises will help you recover more hand function and reduce pain and swelling. Please do these exercises _____ times a day. Repeat each exercise for _____ repetitions. If you have any questions you can contact the Physiotherapy department on **0114 2632112**, or the nurses on **0114 2632176**.



Wrist extension (active and assisted)

Bend your wrist up toward you as shown using your muscles; you can assist the movement further by helping with your other hand.



Wrist Flexion (active and assisted)

Bend your wrist up toward you as shown, you can assist the movement further with your other hand.



Radial and Ulnar Deviation

Keep your elbow still and make sure the movement comes from the wrist. Bend your wrist toward your thumb (radial deviation) and then toward your little finger (ulnar deviation). You can assist with the other hand if needed.



Supination and Pronation

Pronation is turning your palm down to the floor like the first picture and supination turning your palm up toward the ceiling like the second picture. To gain further movement you can assist turning the palm up/down with your hand like the third picture. You can also hold a rolled up magazine and push that for leverage.

Wrist extension (fingers straight)

Keep your fingers straight while you bend your wrist up toward you (your palm should be facing away from you).

Wrist Flexion (bent fingers)

Bend your wrist up toward with your palm facing you, then curl your fingers into your palm to make a fist shape.



Ball Proprioception

Rest your hand on a ball on a wall. Feel the sensation of the ball under your fingers and your palm. Is your hand relaxed? Gently squash the ball against the wall a few times with your palm. Then, keeping your hand relaxed, walk the ball up, down and sideways on the wall.