

## Physiotherapy Department

# Hand and Wrist Exercises

These exercises are designed to mobilise your wrist and hand.  
Some of these exercises can be done with the hand immersed under water of a comfortable temperature to aid relaxation.

Try these 3 times a day, 5-10 repetition of each



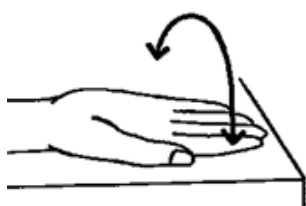
Forearm supported on a table, hand relaxed over the edge.  
Extend the wrist and relax your fingers then lower your hand.



Clasp your hands together and support your forearms on a table with your hands over the edge.  
Bend your wrist up and down.

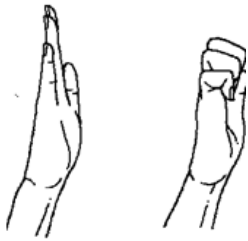


Hold fingers and wrist straight.  
Bend wrist towards the little finger and then towards the thumb.



Forearm on a table, palm down.  
Alternately turn palm up and down keeping elbow still.

## Fingers



Fingers straight.  
Fingers hooked.



Make a fist then open your hand and straighten your fingers



Bend your fingers pressing deeply into a ball of socks or a sponge. Then straighten fingers as much as possible.

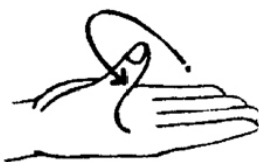
## Thumb



Put the back of your hand on a table.  
Bring your thumb to the base of your little finger.  
Bring your thumb back.



Squeeze putty between the thumb and index finger and then stretch them apart.  
Repeat exercise with thumb and the other fingers.



Hold all fingers straight.  
Make a big circle with your thumb.

**You will normally feel minor discomfort after exercising. If this discomfort is excessive and persists, consult a physiotherapist.**

## Web Address

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

## QR Code



**If you have any comments about this leaflet or the service you have received you can contact :**

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Huddersfield Royal Infirmary  
Telephone No: 01484 342434

MSK Physiotherapy Admin Office  
Telephone No: 01484 905380

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

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਮਾਫੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"