

## 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 underwater of a comfortable temperature to aid relaxation.

Try these 3 times a day



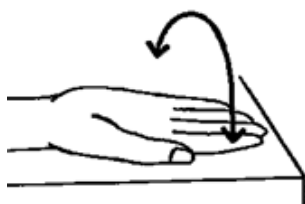
Forearm supported on a table, hand relaxed over the edge. Extend the wrist and relax your fingers then lower your hand.



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

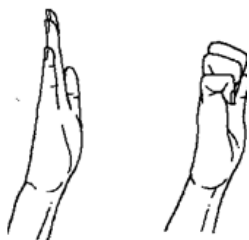


Hold fingers and wrist straight. Bend wrist towards the little finger and then towards the thumb.

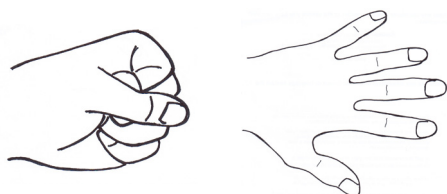


Forearm on a table, palm down. Alternately turn palm up and down keeping elbow still.

## 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.

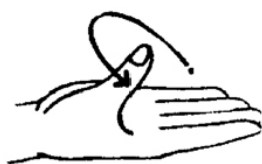
## Thumb



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.**



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

Physiotherapy Department  
Huddersfield Royal Infirmary  
Telephone No: (01484) 728941

[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

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