

Hand/wrist Exercises

Initial exercises:



Finger exercises:

Keep your fingers moving whilst you are in the plaster.

Stage 1 exercises:



Elbow bend to straighten:

Bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch.

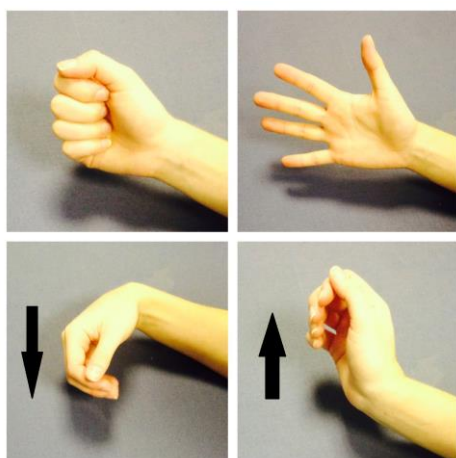
You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.

Forearm rotations:

Begin this exercise with your elbow at your side and bent to 90 degrees.

Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.

Stage 2 exercises:



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball or a ball of socks.

Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.