

**Exercise plan:**  
**New onset of wrist pain - EASY**

**Patient:**  
**CHCP WEBSITE EXERCISES**

**Date:**  
**01st May 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **Wrist Flexion and Extension**

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of your wrist.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

Video: <https://youtu.be/MYBrjpGmb-w>



### **Wrist Flexion and Extension Hands Clasped**

Place your hands in front of you and clasp them together. Keeping your palms together, flex and extend your wrists, using the stronger hand to assist the weaker hand. Repeat as required.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

Video: <https://youtu.be/Hx9kAcggDnE>



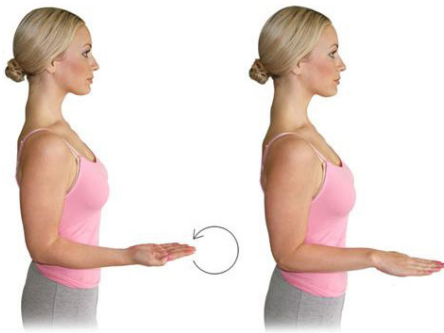


### Wrist Deviation with Hands Clasped

Place both palms together, and clasp your fingers. Deviate your wrist towards you, and away from you. This exercise will help improve mobility to your wrists.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

Video: <https://youtu.be/1poMIBncmtQ>



### Elbow Flexion Pronation

Bend your arm to 90-degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

Video: <http://youtu.be/1vNGtyv0xbo>

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