

Exercise plan:
New onset of wrist pain -
MODERATE

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 Extension Isometric

Resist extending your wrist. You can do this by placing your hand in front of you, horizontally. Place your other hand on top of your wrist and resist the movement of your hand upwards. Your wrist should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Sets: 3 | Repetitions: 5-10 | Time: hold for up to 5 seconds | Days per week: 4-7

Video: <http://youtu.be/eN11ojjIVZE>



Wrist Flexion Isometric

Resist bending your wrist. Your wrist should not move. This is a strengthening exercise for the wrist and elbow.

Sets: 3 | Repetitions: 5-10 | Time: hold for up to 5 seconds | Days per week: 4-7

Video: <http://youtu.be/82QVCyyl-F8>



Wrist Extension Passive

Use your hand to extend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of your wrist, and to stretch the forearm muscles.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-7

Video: <http://youtu.be/iOSR-EQr6Wk>



Wrist Extension Stretch

Hold your arm and hand in front of you, with your fingers pointing upwards. Pull your hand backwards, to create a stretch on the underside of your wrist and forearm, and hold. This exercise will help stretch your forearm muscles, improving the mobility of your wrist.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-7

Video: <http://youtu.be/cOYA0cTIwzM>



Ulnar and Radial Deviation

Hold your arm in front of you, with your thumb facing up. Deviate your hand to one side, and then the other. This exercise will help improve the mobility of your wrist.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-7

Video: <http://youtu.be/PQ33Dz5eoDE>