

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

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 Strengthening

Rest your forearm on a table. Let your wrist and hand hang over the edge of the table. Hold a small dumbbell or other weight in your hand with your palm facing down. Let the wrist flex under the weight of the dumbbell, and lift up into extension. Repeat by letting the weight drop down before extending up again. This is an eccentric and concentric strengthening exercise for the wrist and forearm.

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

Video: <https://youtu.be/eOYwu-dHAD4>



### Radial and Ulnar Deviation Dumbbell

Hold a dumbbell with your arm outstretched in front of you, and deviate your wrist to one side and then to the other side. This is a strengthening exercise for the wrist, forearm and elbow.

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

Video: <http://youtu.be/sajbuK47z-4>

## Elbow Flexion Biceps Curl Sitting DB



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Sit down and hold on to a dumbbell. Bend your elbow while holding the dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

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

Video: <http://youtu.be/BtiDOLsWyC0>



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## Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

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

Video: <http://youtu.be/w8in7tdjsaY>