

Exercise plan:
Wrist & hand pain - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
03rd Aug 2023

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.



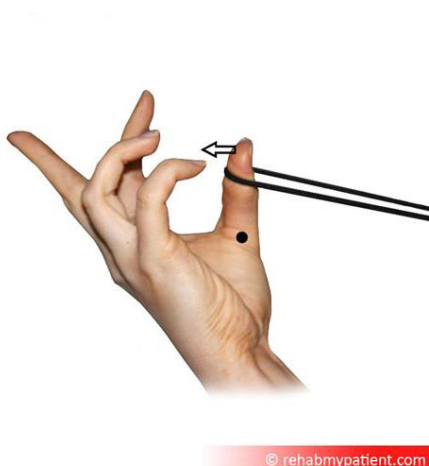
Wrist Deviation with Hands Clasped

- 1) Place both palms together, and clasp your fingers.
- 2) Deviate (up and downwards motion as the arrow shows) your wrist towards you, and away from you.

This exercise will help improve mobility to your wrists.

Repetitions: 12 to 20 as able | Time: once to twice a day

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



Thumb Opposition - Band

- 1) Place an elastic band or hair tie around the tip of your thumb. With your free hand hold the other end of the band.
- 2) Move your thumb towards your little finger, against the resistance of the band.

This will help strengthen your thumb muscles. It can help with wrist and thumb pain.

Repetitions: 12 to 20 as able | Time: once to twice a day

Video: http://youtu.be/wJr6OMT__6o



Ball Squeeze

- 1) Hold a small ball in your hand. You can also use putty or a balled up towel or pair of socks.
- 2) Squeeze the ball, hold for a count of 5, then relax.

Use this to strengthen your thumb and fingers.

Repetitions: 8 to 16, as able | Time: once to twice a day

Video: <http://youtu.be/EMx8Ufccvik>



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Prayer Push

- 1) Place your hands together, as if you were praying, and push towards each other.
- 2) Hold the pressure for a count of 5, and then relax.

This strengthens the arms from the shoulders to the wrists. It can also stretch a stiff wrist/hand.

Repetitions: 8 to 16, as able | Time: once to twice a day

Video: <https://youtu.be/MOiWL1RLdXU>

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