

Exercise plan:
Wrist & hand pain - MODERATE

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 Flexion DB over Table

- 1) Rest your forearm on a table. Let your wrist and hand hang over the edge of the table. Hold a small dumbbell or other weighted item (like a water bottle) in your hand with your palm facing up.
- 2) Let the wrist extend under the weight, and curl up into flexion (your forearm will stay on the table).
- 3) Repeat by letting the weight drop down before curling up again.

This is a strengthening exercise for the wrist and forearm. Progress to using a heavier object if this is too easy.

Repetitions: 12 to 20 as able | Days per week: 5 to 7

Video: <https://youtu.be/qxBxN4HDhKM>



Radial and Ulnar Deviation Dumbbell

- 1) Hold a dumbbell or weighted item (like a water bottle).
- 2) Either with your arm outstretched in front of you, or resting the forearm on a table like the picture above.
- 3) With the hand side on, move the hand up and down (like the picture). Move from the wrist not from the elbow (like when using a hammer, but slower).

This is a strengthening exercise for the wrist, forearm and elbow. Progress to using a heavier object if this is too easy.

Repetitions: 12 to 20 as able | Days per week: 5 to 7

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

Finger/Thumb Abduction Band



- 1) Wrap an elastic band or hair tie around your fingers and thumb.
- 2) With the hand in a claw shape, now pull your fingers and thumb away from each other (opening the claw, against the resistance of the band).
- 3) Relax, and repeat.

This exercise will help strengthen the joints in the thumb and fingers

Repetitions: 12 to 20, as able | Days per week: 5 to 7

Video: <http://youtu.be/5kp45nPjxa8>

© rehabmypatient.com



Finger Flexion with Towel and Weight

- 1) Lay a small towel on a table. Place a weighted item on the towel (any item will do, but avoid tall things that might fall over).
- 2) Position your palm on the towel as shown in the picture.
- 3) Bend at the knuckles, to use the fingers to pull the towel towards you.

This is a finger strengthening exercise. You can make this harder by using a heavier weight.

Repetitions: 12 to 20, as able | Days per week: 5 to 7

Video: <https://youtu.be/fOXQGASRsy8>

© rehabmypatient.com