

Exercise plan:
Wrist & hand pain - ADVANCED

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.



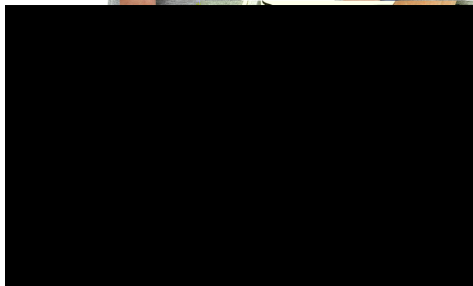
Radial and Ulnar Deviation with Hammer

- 1) Hold a hammer (or a long weighted item) and let your arm hang down by your side.
- 2) Deviate your wrist up and down. Just move the wrist not the rest of the arm.

This is a functional strengthening exercise for the wrist. Do it until the muscles in the wrist/arm feel tired, some discomfort is ok.

Repetitions: 12 to 30, as able | Days per week: 3 to 5

Video: <https://youtu.be/wP1lgdn3A14>



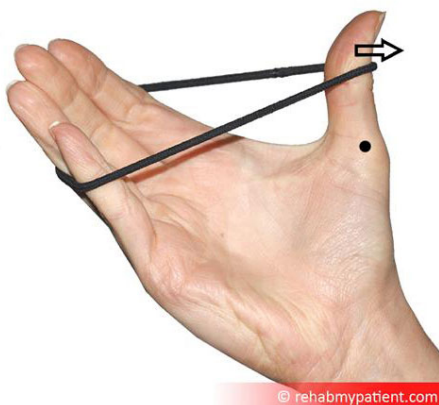
Thumb Extension - Band

- 1) Place an elastic band or hair tie around your fingers and thumb.
- 2) Move your thumb away from your fingers against the resistance of the band. Relax and repeat.

This exercise strengthens your thumb muscles and tendons. Do it until the muscles in the wrist/thumb feel tired, some discomfort is ok.

Repetitions: 12 to 20, as able | Days per week: 3 to 5

Video: <http://youtu.be/0me9b2Kjkbcb>





Hand Grip Trainer

- 1) Find or borrow a pair of garden secateurs, or a strong pair of cooking tongs from the kitchen draw.
- 2) Practice squeezing against the resistance, hold for a count of 3, then relax and repeat.

This will improve your grip strength. Do it until the muscles in the hand/arm feel tired, some discomfort is ok.

Repetitions: 12 to 20, as able | Days per week: 3 to 5

Video: <http://youtu.be/zQE5W6aZjel>



Towel Ringer

- 1) Hold both ends of a small towel.
- 2) Twist the towel as if you are going to ring the towel out.

Use this exercise to strengthen your thumbs and fingers. Do it until the muscles in the hand/arm feel tired, some discomfort is ok.

Repetitions: 12 to 20, as able | Days per week: 3 to 5

Video: <https://youtu.be/kV1Nan83EG0>