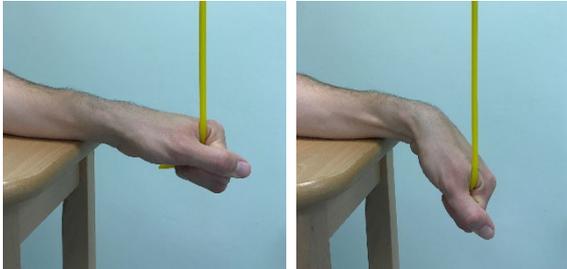


# Wrist strengthening exercises

This leaflet shows exercises to help you strengthen your wrist. Please begin the following exercises as instructed by your hand therapy physiotherapist.

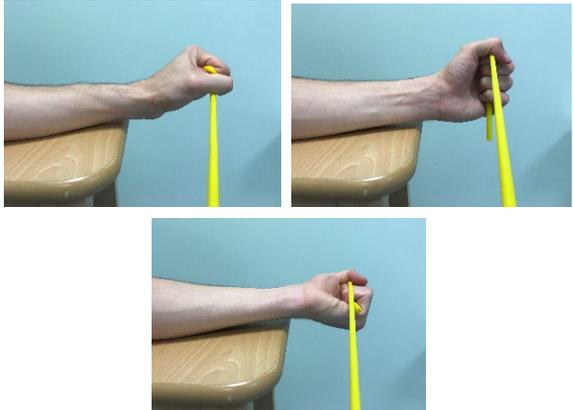
## Wrist flexion:

<p>With your wrist over the edge of the table in a neutral position, slowly lower hand and then return to the starting position. A light weight can be added as able.</p>		
<p>Holding a piece of theraband, begin with your wrist over the edge of the table in a neutral position. The other hand should hold the theraband above the injured wrist. Slowly lower the injured wrist against the resistance of the band and then return to the starting position.</p>		

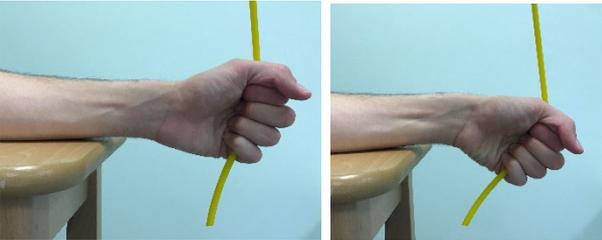
## Wrist extension:

<p>With your wrist over the edge of the table in a neutral position, slowly lift hand and then return to the starting position. A light weight can be added as able.</p>		
<p>Holding a piece of theraband, begin with your wrist over the edge of the table in a neutral position. The other hand should hold the theraband below the injured wrist. Slowly lift the injured wrist against the resistance of the band and then return to the starting position.</p>		

### Wrist pronation / supination:

<p>With your wrist over the edge of the table in a neutral position and on its side, slowly turn the hand backwards (palm up) and forwards (palm down). A light weight can be added as able.</p>		
<p>Holding a piece of theraband, begin with your wrist over the edge of the table in a neutral position. The other hand should hold the theraband level with the injured wrist. Slowly turn the injured wrist (palm up) against the resistance of the band and then return to the starting position.</p>		

### Wrist radial / ulnar deviation:

<p>With your wrist over the edge of the table in a neutral position and on its side, tilt the hand towards the floor and then towards the ceiling. A light weight can be added as able.</p>		
<p>Holding a piece of theraband, begin with your wrist over the edge of the table in a neutral position and on its side. The other hand should hold the theraband above the injured wrist. Slowly tilt the injured wrist down against the resistance of the band and then return to the starting position.</p>		

Compassionate

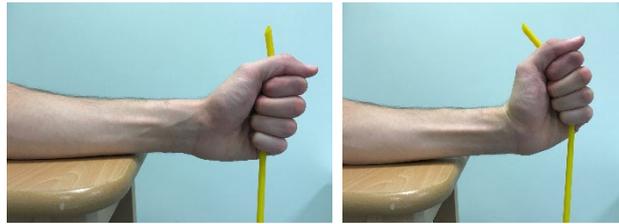
Aspirational

Resourceful

Excellent

Holding a piece of theraband, begin with your wrist over the edge of the table in a neutral position and on its side. The other hand should hold the theraband below the injured wrist.

Slowly tilt the injured wrist up against the resistance of the band and then return to the starting position.



## Contact us

RBFT Physiotherapy Department 0118 322 7811 or 7812.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Physiotherapy (Hand Therapy Unit), March 2023.

Next review due: March 2025