

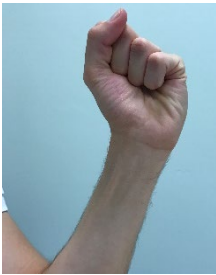



Wrist fracture exercises

This leaflet shows exercises to help you get back to full fitness as quickly as possible after your operation. Please begin the following exercises as instructed by your hand therapy physiotherapist.

Finger range of movement:

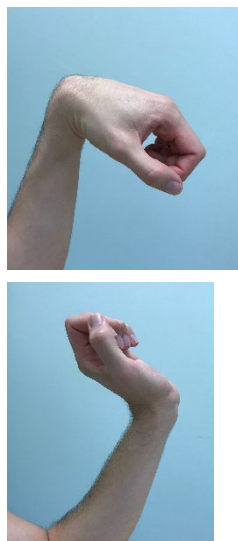
<p>Bend each of your fingers in turn towards your palm and hold for 3 seconds.</p>		
<p>With the other hand, push each finger towards your palm and hold for 3 seconds.</p>		
<p>Make a fist and hold for 3 seconds.</p>		

Thumb range of movement:

<p>Beginning with your index finger, touch the tip of each finger with your thumb. When you reach your little finger, take your thumb down the finger to meet the palm.</p>		
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Active wrist flexion / extension:

Remove your splint and allow your wrist to move forwards and backwards, using the other hand for gentle support if required.



Active wrist pronation / supination:

Remove your splint and with your elbow by your side, place your hand on the table resting on its side. Place the palm flat to the table and then turn your hand over (palm to ceiling) *without* moving the elbow.



Active wrist radial / ulnar deviation:

Remove the splint and with your palm flat on the table, move your hand to the left and then the right as if waving.



Wrist flexion:

With your wrist over the edge of the table, lower hand down and overpress with the other hand.



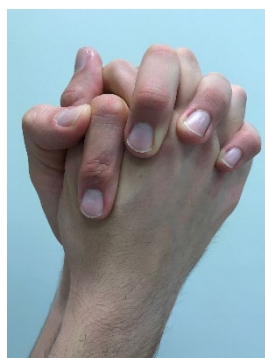
Wrist extension:

With your hand flat on the table, raise elbow to see a crease along the back of your wrist.



Wrist supination and pronation:

Interlock your fingers and keep the heels of your hands together. Twist your hands around each other achieving a turn of your wrists.



Contact us

RBFT Physiotherapy Department 0118 322 7811 or 7812.

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

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Next review due: March 2025