

Repeat each exercise 10 times, twice a day

Wrist extension

- 1) With your forearm supported, lift your hand. Use your other hand to reinforce the movement.
- 2) Clasp your hands together and push them forwards with the palms facing outwards.



Wrist flexion

With your forearm supported, hang your hand off the edge of the table with your palm facing the floor. Bring your fingers towards the floor. Use your other hand to reinforce the movement.



Improving the rotational movements (supination and pronation)

Keeping your elbow tucked into your side, rotate the palm to point towards the ceiling (supination) and towards the floor (pronation). Add a weight to the hand to encourage the movement.



Ulnar and radial deviation

With your forearm and hand supported, move your hand only towards the left and right (similar to a windscreen wiper).



Repeat each exercise 10 times, twice a day

Wrist extension

With your forearm supported and the elbow bent, palm facing downwards, lift your hand up. Use your other hand for resistance if required.



Wrist flexion

With your forearm supported and the elbow bent, palm facing downwards, lift your hand up. Use your other hand for resistance if required.



Rotational strength

Keeping your elbow tucked into your side, rotate the palm to point towards the ceiling (supination) and towards the floor (pronation). Use your other hand (or a weight) to resist the movements.



Grip strength

Practise wringing out clothes or a flannel as well as opening/closing jars.

Functional strength

Practise small motor tasks such as peeling potatoes, washing up etc.