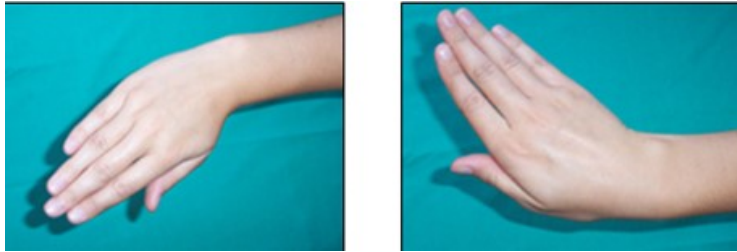


3. Place your hand flat on a table, and moving your wrist only, slide your hand from side to side.



Repeat this exercise times, every

If you are struggling with any of the exercises or have any concerns, ring the following number: 0151 430 1237.

Or you can ask to speak to a physiotherapist when you come back to clinic.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Elbow & Wrist exercises

Patient information leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要, 本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Elbow Exercises

1. Standing or sitting.

Bend and straighten the elbow.



Repeat this exercise times, every

2. Place your forearm on a table with your palm turned down and a slight bend in your elbow. Keeping your elbow still, rotate your forearm until your palm faces upwards.



Repeat this exercise times, every

Wrist Exercises

1. Rest your hand over the edge of a table.

Lift your hand up at the wrist as far as possible.



Repeat this exercise times, every

2. Position your hand as above, bend your hand down over the edge of the table as far as possible.



Repeat this exercise times, every

If you experience any undue pain or discomfort stop the exercises and speak to your therapist.

Therapist: