

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



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



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

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Hand & 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.

Author: Therapy Services
Department: Burns & Plastics Therapy
Document Number: STHK1405
Version: 1.2
Review Date: 30 / 11 / 2023

Hand Exercises

1. Keeping your fingers straight, bend at the knuckles to form a right angle, and straighten again.



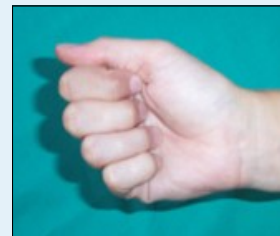
Repeat this exercise times,
every

2. Start with your fingers straight, bend fingertips towards palm. Keep knuckles straight.



Repeat this exercise times,
every

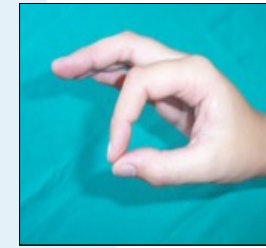
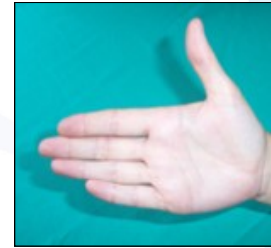
3. Start with fingers straight, make a full fist, then straighten out again.



Repeat this exercise times,
every

4. Extend your thumb, then touch each fingertip and slide your thumb down each finger into the palm one by one.

Repeat this exercise times, every



5. Start with your fingers and thumb together and straight.

Open your fingers as wide as possible.



Repeat this exercise times,
every

6. Place your hand flat on a table. Raise each finger in turn, then lower.

Repeat this exercise times,
every

