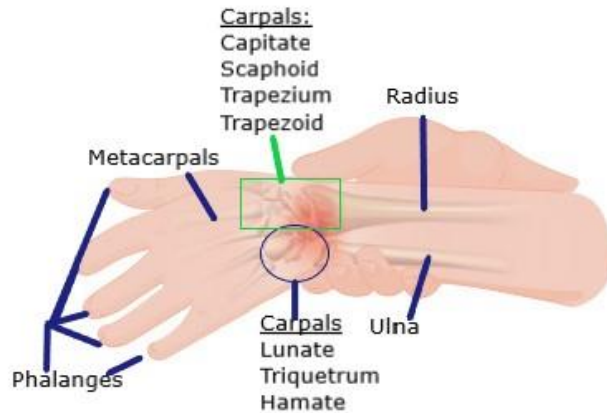


## Wrist and Hand Joint

The wrist joint plays a role in basic movements, from texting to writing. When pain occurs, it can interfere with day-to-day activities and even impact a person's quality of life. The wrist is not one joint. Instead, it's made up of several small joints where the bones of the hand and forearm meet.



Movements associated with the Wrist and hand are:

- Flexion
- Extension
- Radial Deviation
- Ulnar Deviation
- Supination
- Pronation

**An Exercise Tip:** If your hands and fingers feel painful and stiff, try warming them up before you exercise. This can make it easier to move and stretch. Use a bean bag or soak them in warm water for about five to 10 minutes. Be Careful not to burn.

Managing symptoms Avoid repetitive tasks such as:

- Typing
- Writing
- Heavy lifting
- Twisting of hand

**Medication to reduce pain:** Please consult with a doctor for the best form of medication for your condition.

### Ice

- Putting an ice pack on your hands and wrists can reduce swelling and ease pain.
- Never put ice directly on your skin, as this can burn or irritate it. You can apply ice for up to 20 minutes several times a day.

**Disclaimer:** Information given in this brochure is purely to make people aware of wrist and hand exercises and home treatment methods. Consult your doctor or physiotherapy if you feel an increase in wrist and hand pain.

### Attribution Credits:

Anatomy: <a href="https://www.injurymap.com/free-human-anatomy-illustrations">Injurymap</a> Modifications: Labelling License: Creative Commons 4.0

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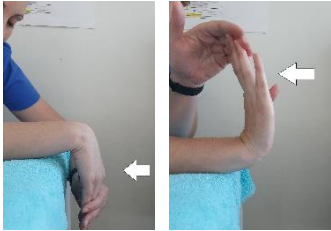
## Wrist and Hand Exercises



## Passive and Active assisted Range of motion exercises

### Passive or active Flexion/Extension

One can also do this exercise by yourself using your non affected hand to bend your hand back and forth.



Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_

## Wrist supination and pronation

Arm facing down, then twist your arm so that your palm faces up and turn over till repetitions are done



Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_

## Hand grip strengthening



Make a tight fist or use a stress ball if one is available and keep tight for 10 seconds, then open your hand and fingers wide for 10 seconds.

Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_

### Active Range of motion

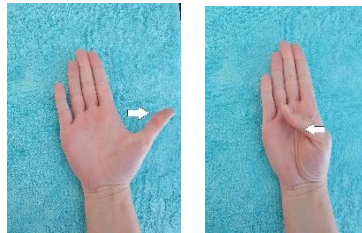


Flexion /Extension

Place your forearm on a table and hang your hand over the edge. Slowly lift and drop your hand up and down

Sets: \_\_\_\_\_ Repetitions: \_\_\_\_\_

## Thumb flexion/extension



Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_

Please speak to your Doctor or physiotherapist about which weight you need for strengthening exercises. And which phase of rehabilitation you are in.

Exercises are updated with your progress. The above exercises are intended for beginning stages of therapy.

Additional equipment, which may be used for the hand and wrist are:

- Play Dough
- Stress Balls
- Elastic bands
- Beads

### Wrist Ulnar/radial deviation



Place your hand sideways and wave it up and down.

Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_