



# Physiotherapy Department

Personal Exercise Programme

Wrist, Wrist mobility

Date : 30/10/2001



Forearm supported on a table, hand relaxed over the edge.

Extend the wrist and clench your fist - relax and let your hand drop.



Hold fingers and wrist straight.

Bend wrist first towards the little finger and then towards the thumb.

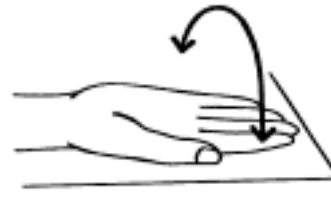
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Clasp your hands together and support your forearms on a table with your hands over the edge.

Bend your wrist up and down.



Forearm on a table, palm turned down.

Alternately turn palm up and down keeping elbow still.

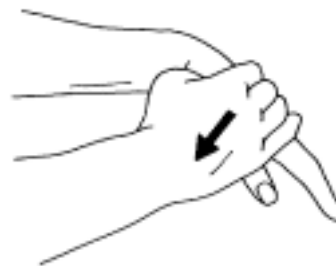
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Clasp your hands together and support your forearms on a table.

Put the back of one hand on the table and then turn your hands and put the back of the other hand on the table.



Forearm supported on a table with your hand over the edge and palm facing down. Let your hand drop down. Gently assist the movement with your other hand. Hold \_\_\_ secs.

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Sit or stand. Forearms horizontally in front of you and palms together.

Push palms together for 5 secs. Relax.



Stand with the palms of your hands on a table. Keep your arms straight and fingers pointing forwards. Press down and straighten your fingers against the table. Hold \_\_\_ secs.

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