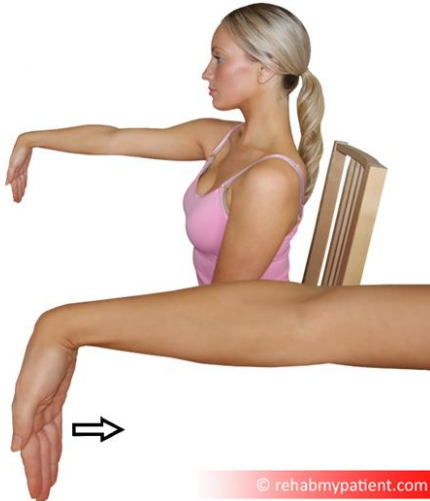


Exercise plan:
Wrist pain

Patient:
Physio Specialists Ltd

Date:
12th May 2020



Wrist Flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Perform both sides

Video: <http://youtu.be/ZwWbkgXE31k>



Wrist Flexion Passive

Use your hand to bend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of the wrist and stretch the forearm muscles.

Perform both sides

Video: <http://youtu.be/OzDByp1X0jg>



Wrist Flexion Stretch

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

Perform both sides

Video: <http://youtu.be/gMI9dFSOehs>

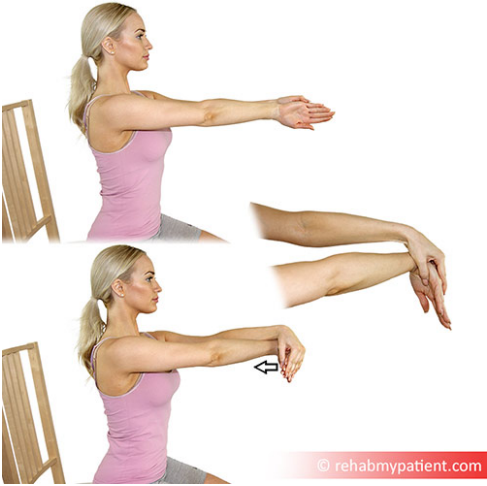


Wrist Flexion Stretch with External Rotation

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. Turn your forearm outwards at the elbow joint to create a stronger stretch. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

Perform both sides

Video: <http://youtu.be/YIHtUu1ooC8>

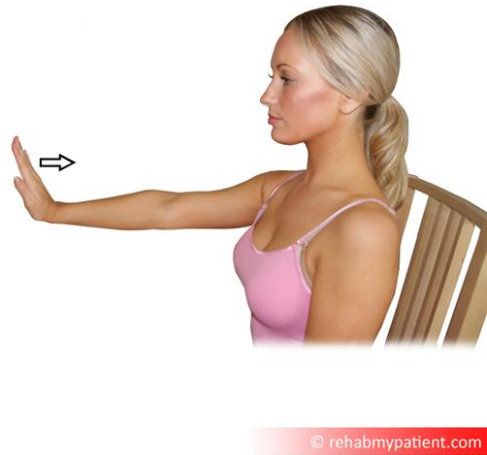


Wrist Flexion Stretch with Internal Rotation

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist, and hold. Turn your forearm inwards at the elbow joint to create a stronger stretch. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

Perform both sides

Video: http://youtu.be/NO_FmLriMu0



Wrist Extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Perform both sides

Video: <http://youtu.be/mdrFgA30AwE>



Wrist Extension Passive

Use your hand to extend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of your wrist, and to stretch the forearm muscles.

Perform both sides

Video: <http://youtu.be/iOSR-EQr6Wk>



Wrist Extension Stretch

Hold your arm and hand in front of you, with your fingers pointing upwards. Pull your hand backwards, to create a stretch on the underside of your wrist and forearm, and hold. This exercise will help stretch your forearm muscles, improving the mobility of your wrist.

Perform both sides

Video: <http://youtu.be/cOYA0cTlwzM>



Wrist Extension Stretch Table

Place your palm flat on a table with your fingers pointing towards you. Straighten your arm while you keep your palm flat on the table to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Perform both sides

Video: <http://youtu.be/AVo7ZAY3Mag>

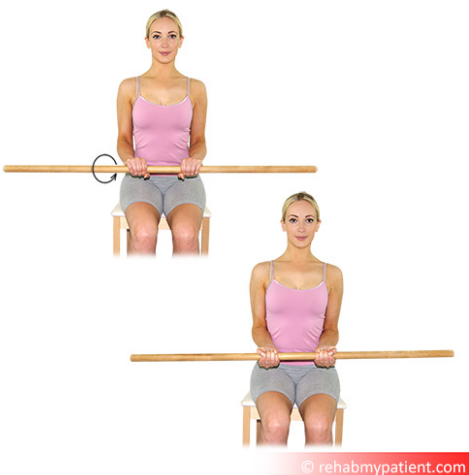


Wrist Extension Stretch Wall

Place your palm flat on a wall in front of you, with your fingers pointing down towards the floor. Straighten your arms while you keep your palms flat on the wall to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Perform both sides

Video: <http://youtu.be/9iM6zVYM40k>



Wrist Roller

Sit or stand. Hold on to a dowel rod, stick, bar or rolling pin, with your palms facing down. Roll the dowel rod in one direction, and then the other. To make the exercise more challenging, speed up the rolling. You can also roll the dowel rod with the palms facing up as a variation.

Video: <http://youtu.be/Zmq79mW27ic>

Your Advice Sheet

Please click on the attachment below for the advice sheet

[- Metacarpal Bone Fracture.pdf](#)

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on headoffice@physio-specialists.co.uk. Good luck and keep with it!