

*Better
Together*

Patient information

Wrist / Hand Mobilising Exercises

Therapies Department – Hand Therapy Department

Now that your plaster has been removed, it is important that you regain normal movement of your wrist and hand as soon as possible.

The following exercises are intended to assist with the return of normal wrist and hand function.

All exercises should be repeated ten times hourly throughout the day (unless otherwise stated). You should not over force the movements, but work gently in to the end of range. Use your opposite hand to **assist** movement, trying to move a little further each time.

With your forearm supported on a table, relax your hand over the edge. Move your hand up and down over the edge of the table, with your fingers held in a gentle fist.



With your forearm supported on a table, hold your fingers and wrist straight. Move your wrist first towards your little finger and then towards your thumb.



With your elbows tucked into your side, bent 90 degrees, turn your palm up and down, keeping your elbow still gently assist with your other hand if necessary (as shown)



Bend your fingers 90 degrees and then straighten



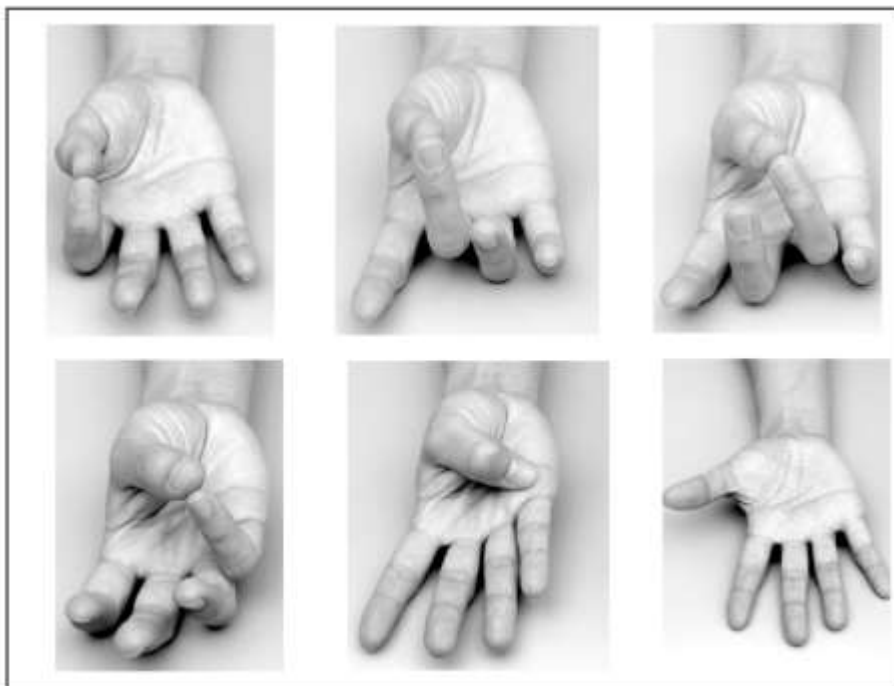
Make a fist and hold for five seconds. Straighten your fingers.



Place your palm on a table. Spread your fingers apart and bring them together.



With your thumb, stroke each finger from its tip to its base.



Further Information

Hand Therapy Units

Royal Liverpool Hospital site

Tel: 0151 706 2760

Textphone number

18001 0151 706 2760

Broadgreen Hospital site

Tel: 0151 282 6276

Textphone number

18001 0151 282 6276

Author: Therapies Directorate
Hand Therapy Department
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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