

Patient Information

**Hand Therapy - Upper Limb Unit****Wrist Stability Programme****Introduction**

Wrist pain can come from the stress of endurance work. We expect our wrists to stabilise the hand in extension for long periods of time when typing, gripping etc. Often the wrist stabilisers are not strong enough to cope with the amount of repetition or long hours of these tasks.

This programme can help you to strengthen your wrist, reduce or clear aches / pains and help you return to your work or hobbies. The programme can take three months to complete. You will be guided through it by your therapist.

We often combine the programme with mirror therapy and hand laterality. This will be as advised by your therapist.

Keep your wrist in neutral, avoid tight grip, work for controlled movement, no deviation and be careful the muscle at the back of the wrist doesn't overwork.

Isometric exercises

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Number one

With your elbow tucked in by your side, thumb upwards, resist arm from, first rotating palm down and then rotating palm up.



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Number Two

Progress to turning palm down and then palm up holding a weight such as a magazine.

Eccentric Exercises

3/



Number three

As shown by your therapist, relax your hand over the edge of a table, use your opposite hand to raise it and then use your muscles to slowly lower it down (progress to the use of a weight).

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Other exercises



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Number four

Gently squeeze the ball then smoothly roll the ball so that your hands flex and extend in a controlled manner.

5/



Number five

Position your hand in mid position, turn your palm up resisting against the band and then slowly return to neutral (your muscles should work as you return to neutral). Progress to dynamic exercises for example using a power ball.

For specific joints



6/



7/



8/

Number six (for scapolunate joint)

Keeping the top joints of your thumb bent lift your thumb into a C shape. Hold for up to 10 seconds and repeat up to 10 times.

Number seven (For scapolunate joint)

Lift your wrist up and towards your thumb, you can resist with pressure on the index finger base

Number eight (For lunate triquetral joint)

Lift your wrist up and away from your thumb, you can add resistance as shown.

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Number nine (For lunate triquetral joint)

Hold your little finger at right angles and hold still against pressure from your other hand as shown and from the inside as shown.

Number ten (FCR retraining)

Bend your wrist up and towards your thumb, add resistance as shown.

Further Information

If you need further information please contact your Therapy Department:
University Hospital, Coventry and Warwickshire: Tel 024 7696 6016
Rugby, St Cross Hospital: Tel 01788 663257

For further information please visit our hand service web site

<http://tinyurl.com/uhcwhand>

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

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Document History

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