



Hand Therapy- Upper Limb Unit

Ulnar Wrist Instability Exercises

Introduction

Use the following exercises as guided by your therapist to improve your strength. It is generally advisable to do the exercises little and often throughout the day and build up as feels comfortable for you or as guided by your therapist.

Grip strengthening

Number One: with your elbow tucked in by your side, thumb upwards, squeeze a sponge ball (or similar), repeat the squeezing with your palm facing up and your palm facing down.



Extensor Carpi Ulnaris (ECU) Exercises

(Start without a weight.)

Number Two: with your arm over the edge of a table, initially without a weight, start with your wrist up and away from the thumb, slowly lower diagonally down i.e. towards the thumb; add in a weight when



Patient Information

advised by your therapist.

Assisted Exercises (MWMs)

Number Three: as shown by your therapist, use your other hand to apply the pressure across the wrist. Maintain this pressure whilst moving your wrist into your previously painful movement as determined by your therapist for example: wrist backwards.



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 contact 024 7696 6016 and we will do our best to meet your needs.

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