

Scapholunate 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.

Stage 0

1. Please use separate instruction sheet for these

Stage 1

2. Take your wrist up and down as shown, keeping your fingers curled.



3. Dart thrower motion



Stage 2 – isometric loading

4. With your wrist still and your fingers relaxed, starting with your palm facing up, then in neutral, then facing down – all should be pain free:
 - a. resist pushing back on your palm inline with your index finger.

PATIENT INFORMATION LEAFLET

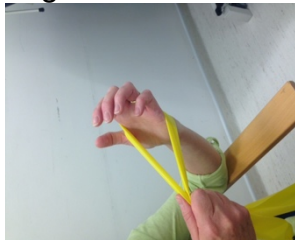
- b. resist pushing back on your thumb.



5. With your wrist still and your fingers relaxed resist the pull on the band as shown. Start with your palm facing up (left), then in neutral (centre), then facing down (right) – all should be pain free.



6. Maintain the hold positions as number four as you move the wrist, start with just 30 degrees



Stage 3 – wrist balance work

7. Maintaining the position as above, apply pressure into the ball, initially with both hands then one avoid taking the wrist backwards if it is painful.



PATIENT INFORMATION LEAFLET

8. Progress as advised by your therapist. Options that could be taught: 4-point kneeling, wall press ups, powerball.



Stage 4 – high level control

9. Drop and catch tennis ball

10. the “Plank”



11. Progress as advised by your therapist with these optional swiss ball, plank, wobble board.

12. Progress further as advised by your therapist these options: wall press up and push away, press up and clap, and sport-specific training.

Further information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6861 and we will do our best to meet your needs. The Trust operates a smoke free policy

Document History

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