

If you require this leaflet in
any other format, e.g. large
print, please telephone
01935 384256

LATER STAGE EXERCISES FOR A WRIST FRACTURE

For further information please contact:

Physiotherapy Department
01935 384358

Occupational Therapy Department
01935 384215

Therapy Department

www.yeovilhospital.nhs.uk

1. Put a towel over the arm of a chair and place your forearm on top with your hand relaxed over the edge.

Grasp the towel with your fingers and lift it up, whilst extending your wrist.

Release towel, relax and let your hand drop.

Repeat _____ times.

2. Place your forearm and hand on a table or the arm of a chair. 'Slap' your hand down onto the surface, keeping your fingers straight, then make a fist and 'tap' the surface.

Repeat slap, tap, slap, tap rhythmically _____ times.

3. Place your forearm and hand on to the arm of a chair. Raise your forearm and elbow, keeping palm flat on chair arm.

Progress to doing this while standing with your hand on a table.

4. Place your forearm on the arm of a chair. Make a fist and resist lifting your hand up with the other hand.

Repeat _____ times.

Progress to performing this exercise using Cliniband for resistance.

5. These are some useful activities which will help to increase functional activity in your wrist:
 - Using your hand to assist you getting in and out of your chair
 - Cleaning windows
 - Ironing
 - Writing
 - Dusting
 - Ball games—catching, bouncing, throwing
 - Needlework