

# Hand Therapy

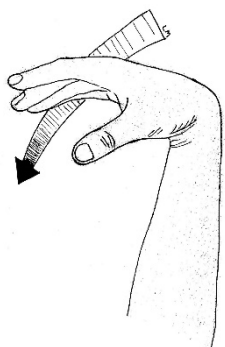
## Wrist exercises - active

Do \_\_\_\_ exercise sessions each day.

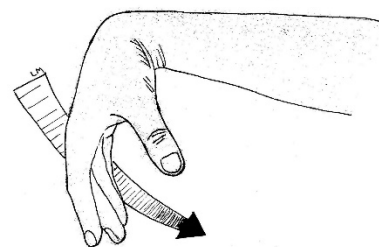
Do \_\_\_\_ repetitions of each exercise.

Hold for \_\_\_\_ seconds.

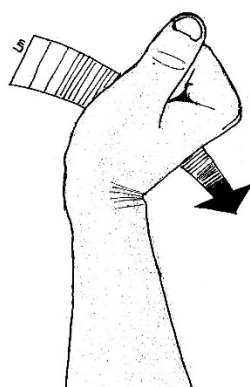
Keep your forearm and hand relaxed while you do the exercises.



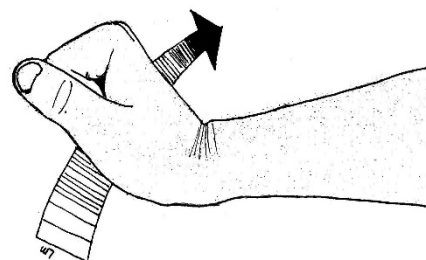
**Flexion 1:** Rest arm with elbow on padded surface. Bend wrist down.



**Flexion 2:** Rest arm on edge of table and bend wrist down.



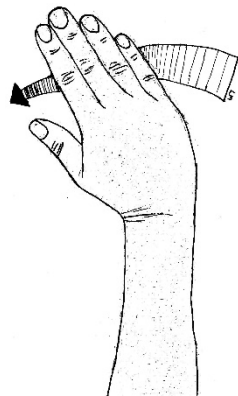
**Extension 1:** Rest arm with elbow on padded surface. Bend wrist back. Relax fingers.



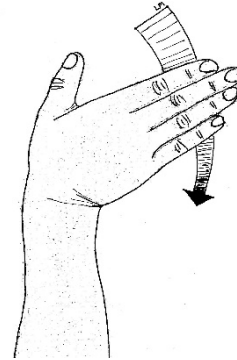
**Extension 2:** Rest arm on table and lift hand up without lifting wrist off table.



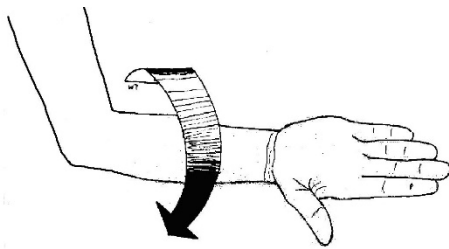
## Wrist exercise – active (cont)



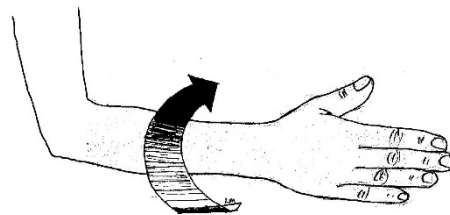
**Radial deviation:** Hold your forearm still and tilt hand to the thumb side.



**Ulnar deviation:** Hold forearm still and tilt hand to the little finger side.



**Forearm supination:** Place your elbow by your side. Without moving your elbow or body, turn your forearm so your palm faces up.



**Forearm pronation:** Place your elbow by your side. Without moving your elbow or body, turn your forearm so your palm faces down.

**Please contact your therapist if you have any queries or concerns.**

**Therapist \_\_\_\_\_ Phone Number \_\_\_\_\_**

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