

Hand Therapy

Exercises during wrist and forearm casting

Exercises to be done _____ times each, _____ times a day.

- It is important to keep your fingers, elbows and shoulders moving after casting.
- If not done regularly, joints can get stiff and cause long term problems.
- It is important to keep your arm up (above your heart) as much as possible. This will help to decrease swelling in your hand and arm.

1. Finger exercises

(You may use your other hand to gently help achieve full range of movement)



Straight



Hook

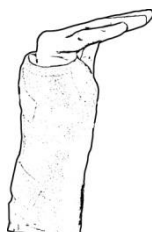


Table top



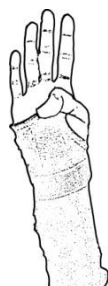
Straight fist



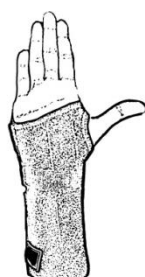
Full fist

2. Thumb exercises

(You may use your other hand to help achieve full range of movement)



Thumb in



Thumb out



Thumb to front

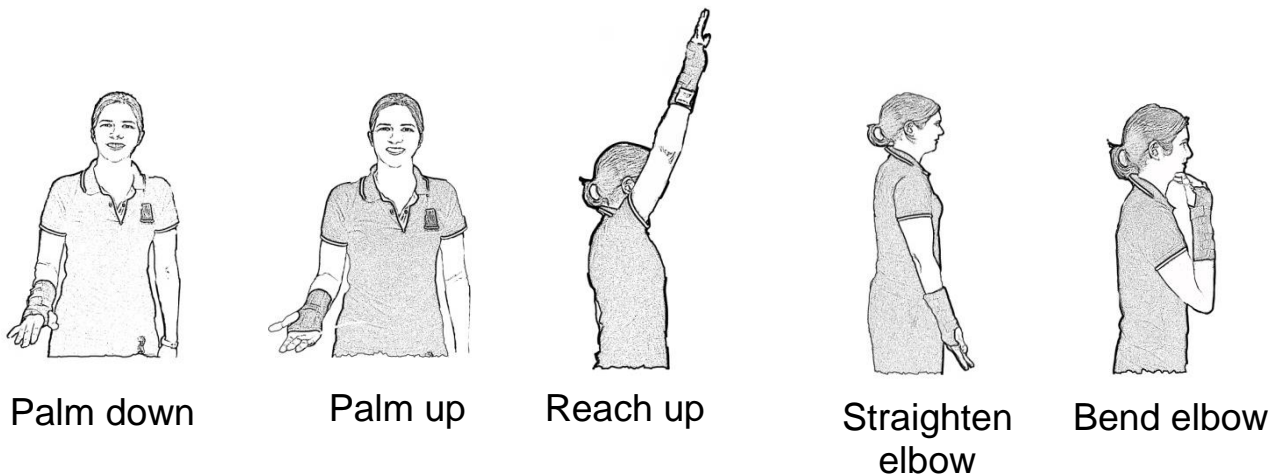


Thumb to little finger



3. Elbow and shoulder exercises

(You may use your other hand to help achieve full range of movement)



4. Maintaining good posture at all times if possible

(Keep your shoulders squared and arm supported above your heart)



Good position



Bad position

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

Therapist _____ Phone Number _____

Acknowledgements and Images: Princess Alexandra Hospital, Physiotherapy Department.
Published: 2012 Reviewed: Mar 2019 Review due: Mar 2024 Handout number: 26.0
An initiative of the Queensland Hand Therapy Network (QHTN).