

# Wrist Stability

## Hand Therapy patient information

This programme is developed to improve the strength and stability of your wrist. With the guidance of your therapist, you will work through three stages of exercise. Your progression to the next stage will depend on your symptoms and the level of wrist control you have. You should not work into pain. If your symptoms return or worsen, please discuss this with your therapist. It is likely to take approximately 6 months to improve the strength of your wrist and reduce any symptoms you may be experiencing. The aim is for you to eventually manage the exercises in the longer term.

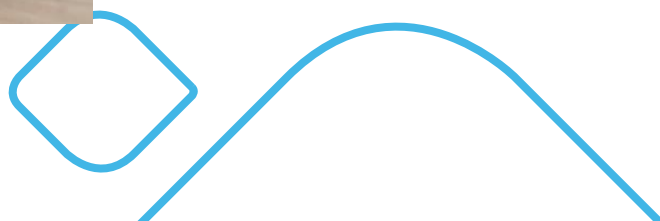
### First Stage

1. The aim of this exercise is to maintain a static position. Position yourself with your forearm resting on a flat surface and your wrist in the starting positions (**A** – palm down, **B** – palm up), as shown below. Using your other hand or a therapy band, apply pressure downwards against your hand. Work against the resistance for 30 seconds. Repeat this 5 times per day.

**A**



**B**



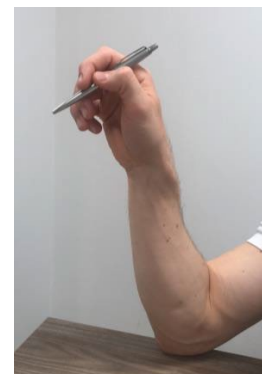
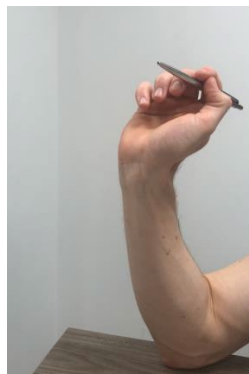
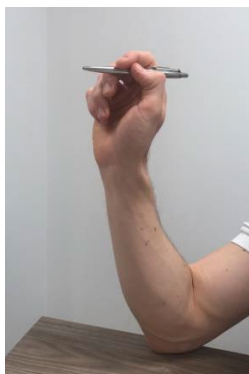
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2. With your forearm resting on a table and your palm facing up, begin grip strengthening by squeezing a sponge or therapy putty. Hold the squeeze for 3- 5 seconds before relaxing. Repeat 10-15 times. Concentrate on keeping your wrist straight throughout the squeezing movement. Once that is comfortable, change the position of your forearm, so you are resting on the side of your hand (in a similar position to holding a glass of water), before turning your palm down and repeating the exercise.

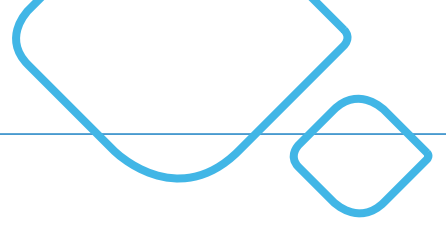


3. Holding a light weight/object (e.g. magazine, water bottle), rest your forearm on a hard, flat surface and slowly lower your hand over the edge. Do not force this movement. Slowly lift the wrist up and repeat 15-20 times. Focus on smooth, pain-free movements.



4. **Dart Throwers Motion** - Hold a pen (or similar) as if you were writing. Slowly pull your hand backwards on an angle towards the thumb. Then lower it forwards, so the wrist flexes just past straight and repeat 15-20 times. You are aiming to perform this in a smooth movement.





## Second Stage

These exercises focus on your unconscious control at your wrist, also known as wrist 'balance' exercises.

You should only progress onto these exercises if you have completed the previous exercises without pain and your therapist has advised you to do so.

1. Using a football (or similar), rest the palm of your hand on the top of the ball. Slowly move the ball forwards, backwards and side-to-side (image **A**) or in a circular movement (image **B**). If this is comfortable after 2-3 minutes start to rotate your hand whilst staying in contact with the ball. Work on these exercises until you feel fatigued. This may take 3-5 minutes.

**A**



**B**



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