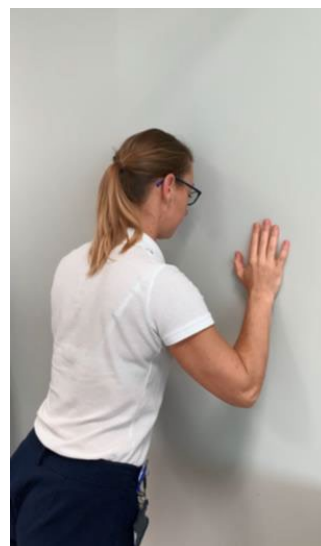


# Wrist Stability continued..

1. If you can complete the exercise above without pain, you can begin to gently weight bear on the hand. Hold the ball in both hands and place it against the wall at shoulder height. Repeat the movements from exercise A (above) with little pressure on the ball. Avoid any movement that causes pain/discomfort. Complete this exercise for 1-2 minutes or until fatigued.



2. If this exercise is too uncomfortable or difficult, you can try performing a wall press. Stand at arm's length from a wall, with your feet at hips width apart. Place both hands on the wall at shoulder height. Keeping your body straight, slowly lower yourself towards the wall, before pushing away. Repeat 10-20 times.



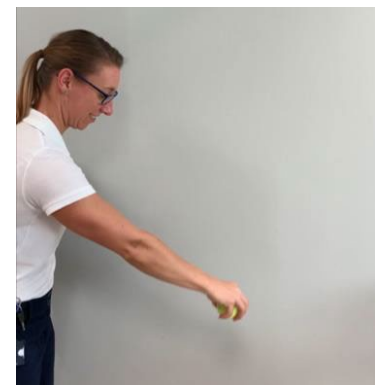
3. Other exercises that assist in wrist balance control include:

- Balancing and moving a ball on a tray
- Lying on your back and balancing a ball above your head
- Lying on your back and throwing a ball in the air
- Using a powerball

## Third stage

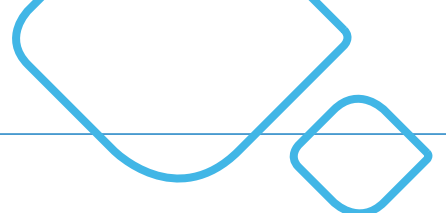
When you feel ready, you have good wrist control and you are not experiencing any pain or symptoms, you can begin the final stage of your stability programme. This concentrates on conditioning and introducing heavier weight bearing.

1. The drop and catch exercise involve the use of a tennis ball (or similar). It is aimed at training the reactionary control of your wrist. Holding the ball out at arm's length in front of you, drop the ball before immediately attempting to catch it again. Repeat this for 30 seconds, or until you feel fatigued.

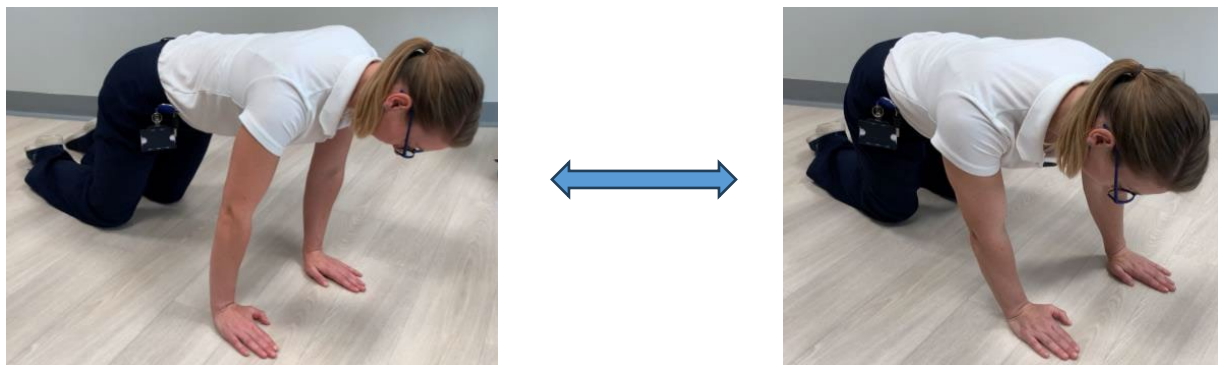


2. If you tolerated the wall press and ball on the wall exercises well, the next step in increasing load through your wrist is to position yourself on your hands and knees (4-point kneeling). You may want to lean most of your weight through your knees initially, resting back onto your heels. Then, if this is comfortable, begin to carefully lean forwards onto your hands. You can alternate between leaning forwards and backwards to gradually build up the amount of load through your wrist. Repeat this movement for up to 30 seconds initially, before increasing as able.





If you can tolerate this well, you can introduce a lean sideways, moving from right to left. Monitor your pain and ensure it is not aggravating your wrist.



3. If you can tolerate kneeling, position the ball in the same position to exercise 2 (second stage). The aim is performing a wall press by slowly lowering yourself towards the ball before pushing yourself away. Repeat this approximately 10-15 times, or within the limits of discomfort or fatigue.



If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.