

## Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services  
If you wish to provide feedback of our Service please use this web link.



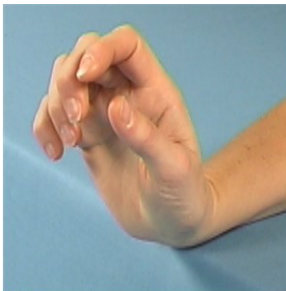
<https://bit.ly/36o67pT>

To contact us:

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Training start date 23/01/2025



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Forearm supported on a table, elbow as straight as possible straight, palm facing downwards, hand relaxed over the edge.

Lift your hand up as high as possible with your forearm not lifting from the table. From this position, slowly allow your hand to drop down while counting to 30, then return to the starting position.

Repeat 15 times x 3 sets.

Progression: add a light weight as pain allows.



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With your bad wrist extended back. Put the other hand over the back of the hand to be exercised.

Try to push the back of the hand further back while preventing movement with your other hand. Apply as much force as is tolerated without pain. Hold approx. 45 secs.

Repeat 6 times.



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Stand.

With your elbow straight make a fist with your effected hand. With your other hand passively flex the wrist until you feel a stretch around the forearm and elbow.

Hold 30 - 60 seconds.

Repeat 3 times, with a 30 seconds rest between each repetition.