

# Exercises

## Wrist

### Stretching and Strengthening

There are certain activities in the work place that may contribute to developing a sore wrist. These could include repetitive activities at work, lifting or carrying for long periods of time, or operating machine tools. The nature of these activities can, if not addressed lead to the gradual build up of tension and stiffness in the wrist. These exercises have been designed by our team of Chartered Physiotherapists to assist in preventing the onset of tension and stiffness or to ease any pain if it occurs.

1

#### Bending the wrist forwards

This is a great, general exercise for the wrist which will help to maintain the movement in the joint, whilst also stretching the muscles in the back of the forearm.

When you grip regularly or perform repetitive activities such as using a mouse and keyboard, the wrist and forearm muscles can become tight which can lead to pain in the back of the wrist.

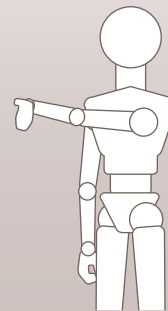
This simple exercise stretches the muscles in the back of the forearm and also helps to maintain the movement in the wrist.

- Extend one arm out with the elbow straight and use the other hand to grasp the opposing hand at the side of the thumb and then bend the wrist downwards to apply the stretch to the area
- Hold the stretch for 5 seconds, repeat 5 times and then do the same on the other arm

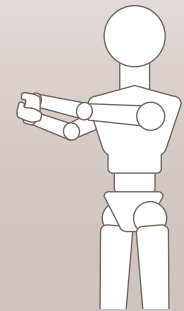
Please remember to keep the elbow straight during this exercise.

If you do this exercise just twice per day, you will really assist in preventing the gradual build up of stiffness and tightness in the back of the forearm.

Step 1



Step 2



2

#### Bending the wrist backwards

Again, this is a great, general exercise for the wrist which will help to maintain the movement in the joint whilst also stretching the muscle in the front of the forearm.

When you grip regularly or perform repetitive activities such as using a mouse and keyboard, the wrist and forearm muscles can become tight which can lead to pain at the front of the wrist.

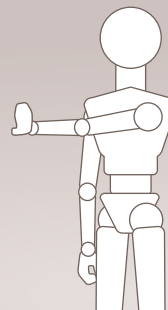
This simple exercise stretches the muscles in the front of the forearm and also helps to maintain the movement in the wrist.

- Extend one arm out with the elbow straight and use the other hand to grasp the opposing hand at the side of the thumb and then bend the wrist backwards to apply the stretch to the area
- Hold the stretch for 5 seconds and repeat 5 times and then repeat on the other arm

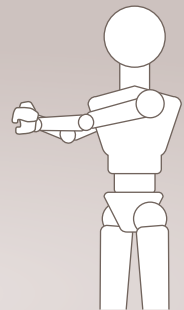
Please remember to keep the elbow straight during this exercise.

If you do this exercise just twice per day, you will really assist in preventing the gradual build up of stiffness and tightness in the front of the forearm.

Step 1



Step 2



### 3

#### Turning the palm of the hand towards the ceiling

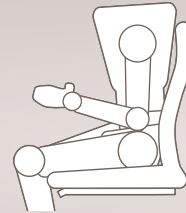
This simple exercise will stretch out the tissue around the wrist and maintain the movement of the area.

Although this seems like just a wrist exercise, part of the twisting movement comes from the elbow.

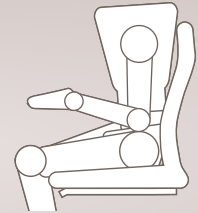
- Sit comfortably in a chair with your elbow tucked in by your side and your forearm at 90 degrees to your upper arm
- Turn your palm up towards the ceiling until you feel a stretch in the wrist and then hold the end of the movement for 2 seconds
- Perform this 10 times and then repeat on the other wrist or exercise both wrists at the same time

If you do this just once per day, you will really help to maintain the movement at the wrist.

Step 1



Step 2



### 4

#### Turning the palm of the hand towards the floor

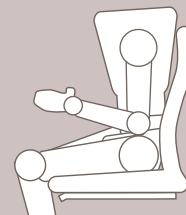
Again, this simple exercise will stretch out the tissue around the wrist and maintain the movement of the area.

Although this seems like just a wrist exercise, part of the twisting movement comes from the elbow.

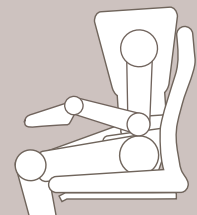
- Sit comfortably in a chair with your elbow tucked in by your side and your forearm at 90 degrees to your upper arm
- Turn your palm down towards the floor until you feel a stretch in the wrist and then hold the end of the movement for 2 seconds
- Perform this 10 times and then repeat on the other wrist or exercise both wrists at the same time

If you do this just once per day, you will really help to maintain the movement at the wrist.

Step 1



Step 2



### 5

#### Strengthening the muscles in the back of the forearm

Maintaining the strength around the wrist is very important and people are often surprised to find that the strength around their wrists may not be as good as they expected and this exercise can really help to improve this.

This simple exercise works on the muscles in the back of the forearm and helps to maintain the strength in this area and can easily be performed at your desk.

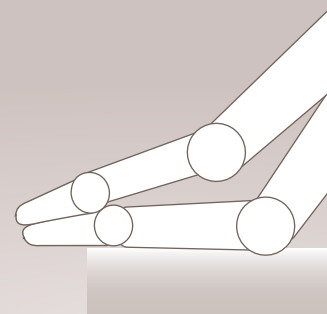
This is called an isometric exercise and is a type of strength training in which the joint angle and muscle length do not change during the contraction.

- Place one forearm on a table or something similar with the hand palm down and the hand unsupported in front of the table
- With the other hand hold down the hand on the table by pressing gently on the back of the hand
- Now whilst keeping the elbow and forearm on the table try to raise the hand, however not allowing it to actually move by holding the movement with the other hand
- Hold this contraction for 5 seconds, rest and repeat 5 times and then repeat on the other arm

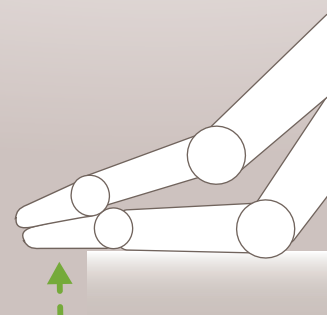
Please remember to keep the elbow and forearm supported on the table during this exercise.

If you do this exercise just twice per day, you will really assist in maintaining the strength of the muscles in the back of the forearm.

Step 1



Step 1



## 6

### Strengthening the muscles in the front of the forearm

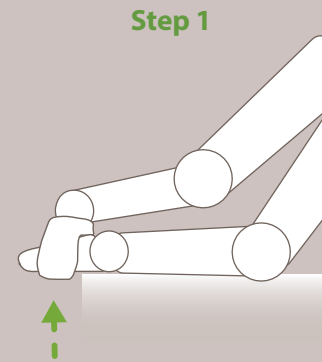
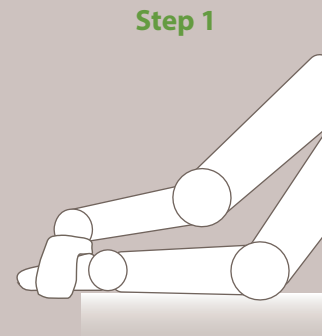
This simple exercise works on the muscles in the front of the forearm and helps to maintain the strength in this area and again can easily be performed at your desk.

This is called an isometric exercise and is a type of strength training in which the joint angle and muscle length do not change during the contraction.

- Place the back of one forearm on a table or something similar with the hand palm upwards and the hand unsupported in front of the table
- With the other hand hold down the hand on the table by pressing gently on the palm of the hand
- Now whilst keeping the elbow and forearm on the table try to raise the hand, however not allowing it to actually move by holding the movement with the other hand
- Hold this contraction for 5 seconds, rest and repeat 5 times and then repeat on the other arm

Please remember to keep the elbow and forearm supported on the table during this exercise.

If you do this exercise just twice per day, you will really assist in maintaining the strength of the muscles in the front of the forearm.



## 7

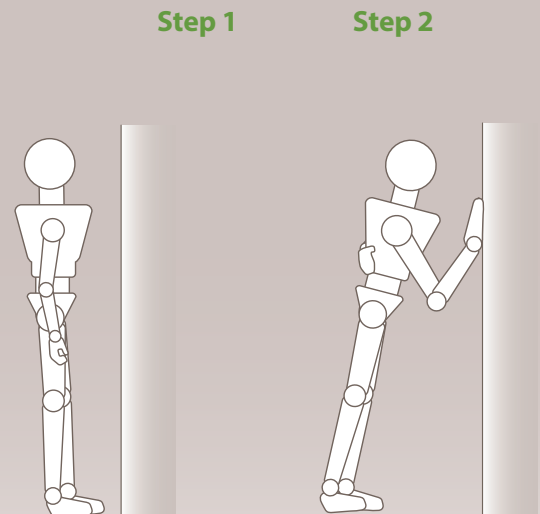
### Wrist strengthening

Again, maintaining the strength around the wrist is very important and this simple exercise can really help to improve this by exercising more than one muscle group at one time.

- Stand in front of a wall in a plank position and place your hands on the wall with both hands just over shoulder distance apart
- Do push ups towards the wall as low as possible keeping the chin in and the shoulders and trunk stable
- Do this with 2 hands initially and then if you are able, progress to do the exercise with one arm
- Practice this exercise each day until you can comfortably do 10 press ups with both hands and then progress until you can do 5 press ups with one hand

Like all of the exercises, do this carefully and slowly, particularly if you are not used to doing this.

Please remember to keep the chin in and the shoulders and trunk stable whilst performing this exercise.



Overall, remember to do these exercises slowly and carefully and also remember that by maintaining the movement and strength in your wrists, you really will help to reduce the likelihood of wrist problems.

Please be aware Physio Med are not liable for your health and wellbeing as a consequence of following our exercises.

Please consult a doctor and or physiotherapist before starting any new exercise or musculoskeletal rehabilitation programme.