



Exercises after wrist fracture

I suggest that you repeat the following exercises 10 times each 2-3x per day.

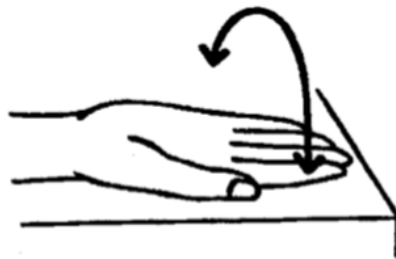
1. Rest forearm on a table with hand over the edge. Bend hand towards floor and then raise up towards the ceiling. Check that the movement only takes place at the wrist.



2. Rest the palm of your hand on the table. Tilt the hand one way and then the other.



3. Place your forearm on the table. Turn your palm down, and then up, keeping the elbow still.





Finger and thumb exercises

4. Touch your thumb to the tip of each finger. Repeat this as quickly as possible.



5. Make a tight fist, ensuring your knuckles are bent to a right angle. Use your other hand to help if necessary. Then fully straighten the fingers.



6. With the palm of your hand facing upwards, bend thumb across palm of hand to base of little finger and then stretch out to side as far as possible.



7. With the palm of your hand facing the ceiling, lift your thumb away from your palm towards the ceiling.

