

Name: _____
DOB: _____
URN: _____

Physiotherapy

Active Wrist Exercises

1.
Support your forearm on a table, with your hand relaxed over the edge. Lift your wrist up. Relax and let your hand drop. Bend it down as far as it will go.

Repeat ___ times.



2.
Support your forearm on a table. Bend and straighten your wrist, keeping your fingers straight throughout the movement.

Repeat ___ times



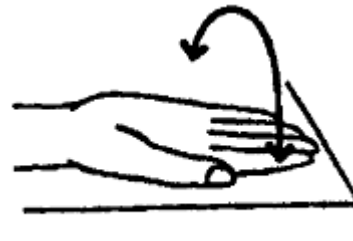
3.
Hold your fingers and wrist straight. Move your wrist first towards your little finger and then towards the thumb.

Repeat ___ times



4.
Support your forearm on a table, with your palm turned down. Keeping your elbow bent and at your side, alternately turn your palm up and down as far as it will go.

Repeat ___ times



Physiotherapist _____ Signature _____ Date ____/____/____
(Name & Designation)

If you have any concerns with this advice or exercises, please contact your physiotherapist



25110 Advice or Information

Physiotherapy Department
Canberra Hospital
Level 1, Building 3
PO Box 11, Woden, ACT, 2606
Phone: (02) 6244 2154 Fax: (02) 6244 3692

