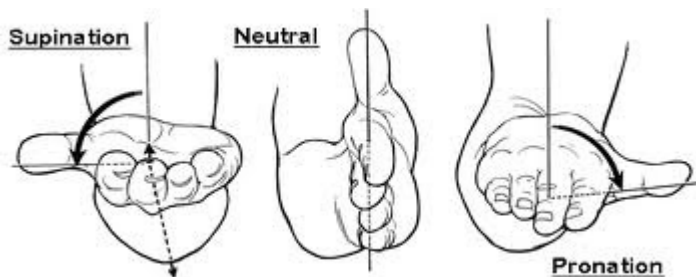


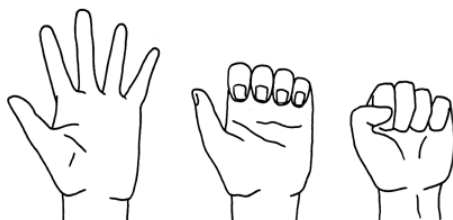
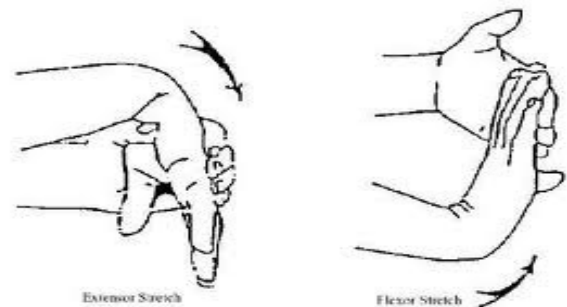
**EXERCISES FOR PATIENTS – WRIST INJURY/FRACTURE**

The following exercises are recommended following the removal of your plaster cast after a wrist fracture, these same exercises are useful in recovering from a wrist injury. Sit or stand. Press palms of hands together in front of your face. Then take your hands down in front of your chest (let elbows come apart) until you feel a stretch in the front of your wrist. Push palms together for 10 seconds. Relax. Repeat 10 times



The two bones in the forearm also allow the wrist to 'twist'. Tuck your elbow against the side of your body. Alternately turn your hand palm up then palm down keeping elbow against your side. You should use your other hand to help turn the forearm. Repeat 10 times.

Bend your wrist forward. Hold for 10 seconds. Repeat 5 times.  
 Bend your wrist backward. Hold for 10 seconds. Repeat 5 times.



Spread the fingers apart widely and then bring them back together. Squeeze fingers into a hook fist. Release. Squeeze into a full fist. Release. Repeat 10 times.