



Wrist Injuries

To help you recover from your injury, each of the following exercises should be done regularly through the day as directed by your therapist.

If any of these movements are stiff and limited, you can use your other hand to help improve the movement.

Bathing your hand and wrist in warm water for 10 minutes before exercising can help to improve the movements.



Bending and straightening fingers.



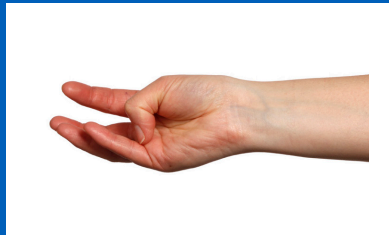
Bend from your knuckles, keeping fingers straight. Following this, perform the opposite movement.



Keeping your knuckles straight, curl all your finger joints.



Touch your thumb pad to the tip of each finger and over to the base of your little finger.



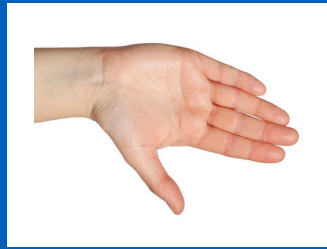
Spread and close your fingers.



Bend your wrist backwards and forwards and in a circling motion.



Side bending of your wrist from left to right.



Tuck your elbow into your side, turn your palm up and down.



To prevent your elbow and shoulder becoming stiff, you should also do the following exercises.

Raise your arms above your head.



Bend and straighten your elbow.



If you have any problems, please do not hesitate to contact your therapist on:

Doncaster Royal Infirmary - 01302 644210

Bassetlaw Hospital - 01909 572302

Montagu Hospital - 01709 649190

Retford Hospital - 01777 863400.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059.

Email: dbth.pals.dbh@nhs.net

