

Hand therapy department

Wrist strengthening exercises

Information for patients, relatives and carers

These exercises will help you restore strength and improve movement of your wrist.

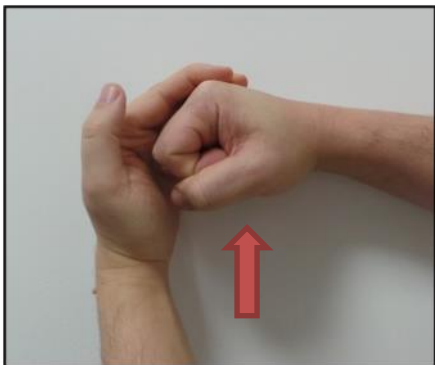
Number of times to repeat:

Number of times to perform each day:

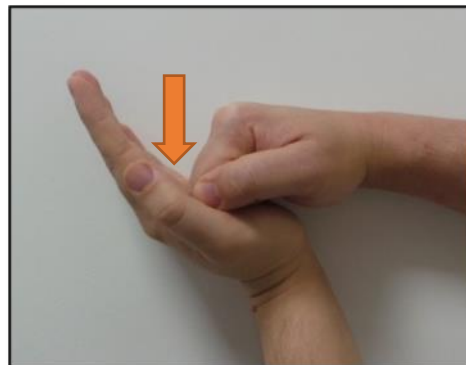
Isometric exercises:

Isometric exercises are a type of exercise that build strength. They make your muscle contract, without moving the joint.

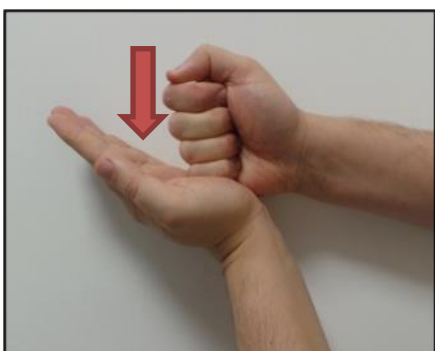
Bend wrist forwards



Bend wrist backwards



Push towards little finger

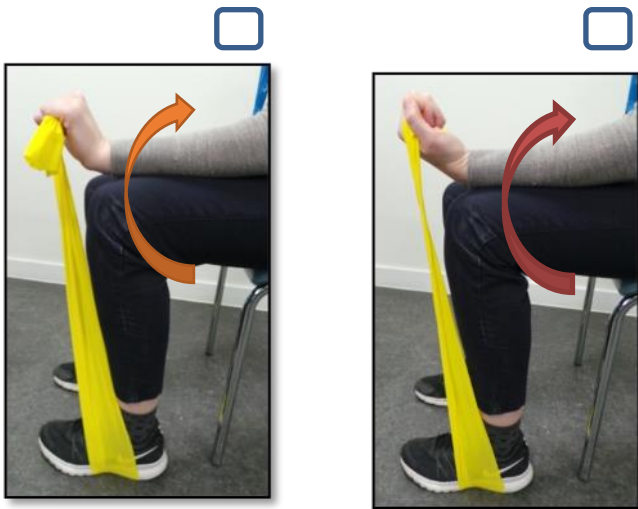


Push towards thumb

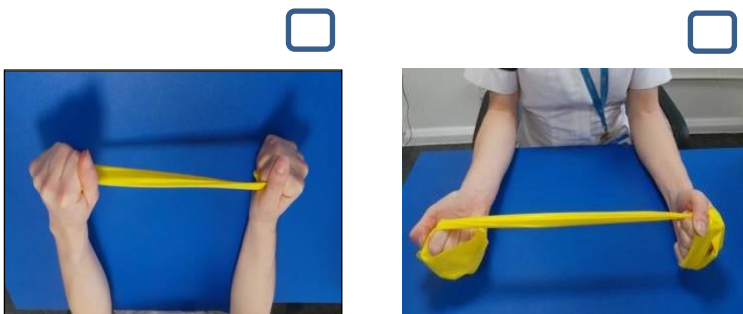


Using a Theraband

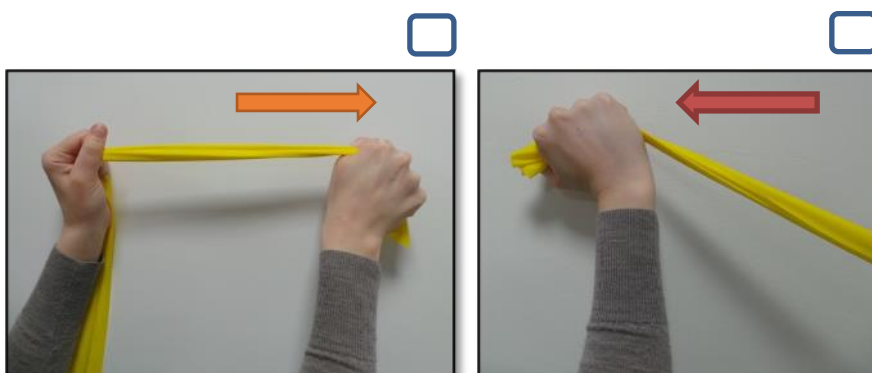
Bend wrist backwards / forwards



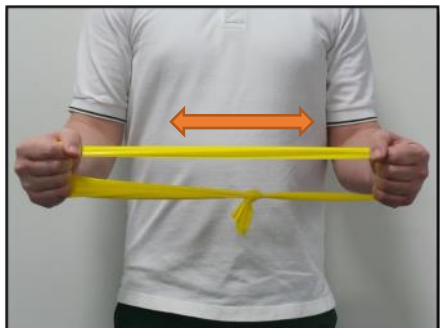
Turn wrist with palm down / palm up



Bend hand towards little finger / towards thumb



Isometric wrist exercise: loop band between hands



Putty / resistance

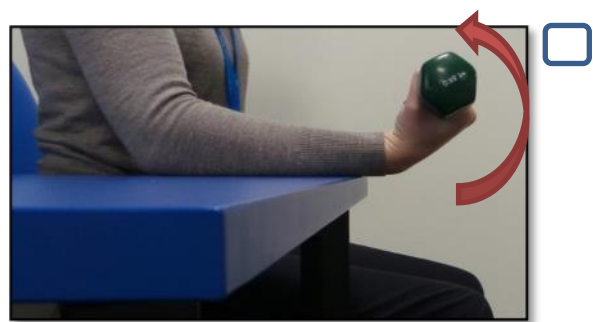
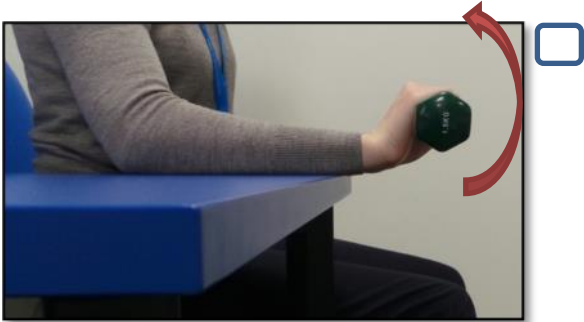
Grip strengthening

Co-contraction – grip and push down



Dumbbell

Curl wrist backwards / forwards



Hammer / mallet

Weighted wrist – hand turned down / hand turned up



Useful contact details

To reschedule an appointment:

Phone: 020 3311 0333

Option 1: If your appointment is on the same day.

Option 2: If your appointment is another date in the future.

Email: appointments@imperial.nhs.uk

To contact a therapist: imperial.handtherapyimperial@nhs.net.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Department name
Published: January 2024
Review date: January 2027
Reference no: 820
© Imperial College Healthcare NHS Trust