

Hand therapy department

Wrist movement exercises

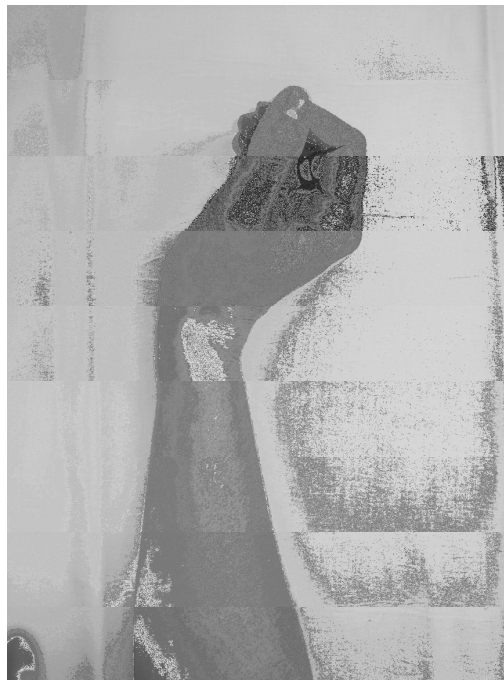
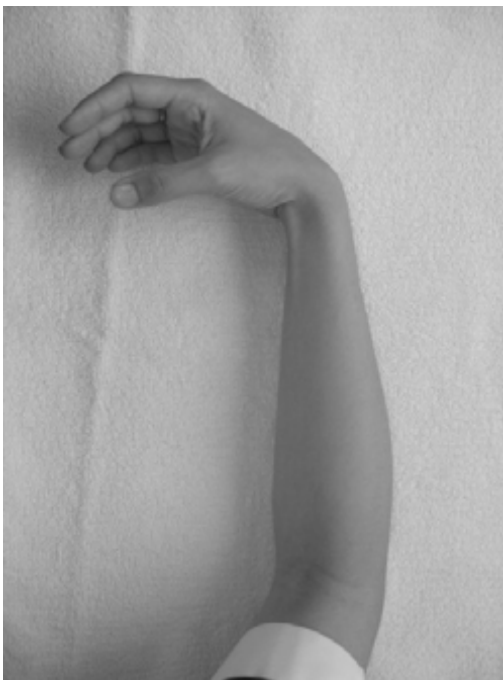
This information leaflet provides you with exercises to help you recover from your injury or surgery. Please only perform the exercises as instructed by your therapist.

If you have any further questions or concerns, please speak to the hand therapist caring for you.

How often do I need to do the exercises?

Your therapist will explain to you how many exercises and how often you are required to do them. Please follow this advice carefully.

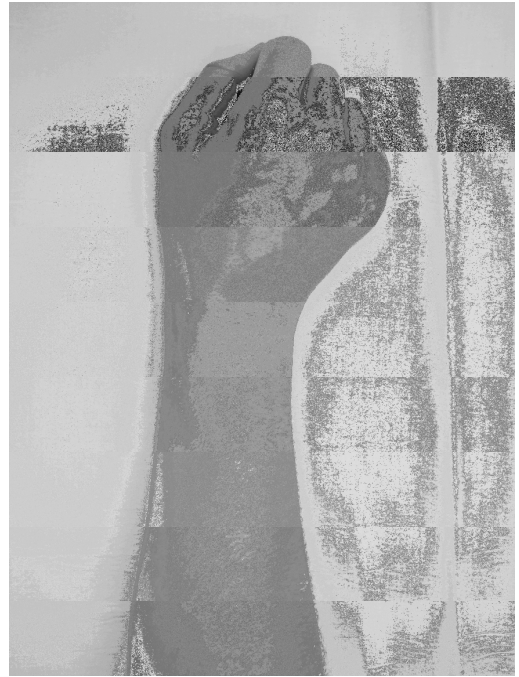
Please perform the exercises _____ times every _____ hours.



1. Gently bend your wrist forwards and backwards keeping your fingers relaxed.



2. Move your wrist towards your thumb keeping the forearm still.



3. Move your wrist towards your little finger keeping the forearm still



4. Use your unaffected hand to gently push your wrist backwards.



5. Use your unaffected hand to push your wrist forwards

Will I have a follow up appointment?

You will be advised before leaving the department when and if you need to return to the department for any further appointments.

What should I do if I have a problem at home?

If you have any problems or questions please contact your therapist using the details below.

Contact us

If you have any questions or concerns, please contact your hand therapist on **020 7188 4172 or 020 7188 4174 Monday – Friday 8am-5pm.**

Useful sources of information

Patient Advice and Liaison Service (PALS) – To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or: **t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.
t: 020 7188 3416

Language support services – If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.
t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct – Offers health information and advice from specially trained nurses over the phone 24 hours a day.
t: 0845 4647 **w:** www.nhsdirect.nhs.uk

NHS Choices – Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
w: www.nhs.uk

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