

## Wrist exercises

The aim of these exercises is to recover normal mobility and functional ability. Don't be worried if the full movement path is not possible. The movements may feel rigid and stiff in the beginning. Mobility will return gradually in 3–4 weeks. It is important to practice actively.

How many times and how often?

- Aim to practice every day on several occasions.
- You cannot overdo the exercises.
- Practice within the limits allowed by pain.

### Assisted flexion and extension of wrist



Do the exercise assisting with your other hand. Press the wrist in the direction of the stretch with the other hand. Practice as shown in the pictures.



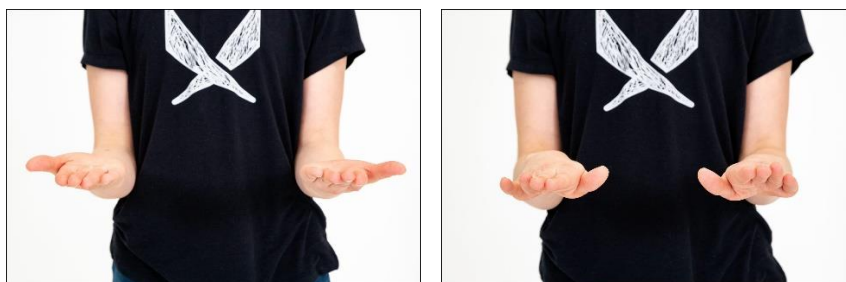
Do the exercise by using a wall or a table as support. You can increase the stretch by lowering your hands.

## Active flexion and extension of wrist

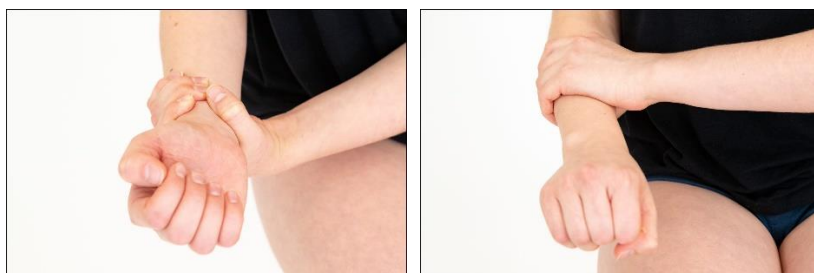


Do the exercise by moving the wrist downwards and upwards. Do the exercise with your fingers fisted and with your fingers straight.

## Forearm rotation



Do the exercise by rotating the thumbs outwards and inwards as far as you can. Keep your elbows squeezed into your body throughout the movement. If you cannot fully do the exercise, assist with your other hand as shown in the pictures.



## Contact information

Pediatric Surgery Outpatient Clinic, New Children's Hospital, helpline 09 471 73006 (select 3),  
Mon–Fri 8–11 and 13–14.