

Wrist and Hand Pain Advice

What can I do to help?

Rest: It is usually best to try to carry out your normal activities in small amounts, you mustn't overdo it. You need to take things slowly, pace your activities, and avoid movement that makes your pain worse.

Ice: If your ankle is swollen and inflamed (warm to the touch) applying an ice pack may be helpful or reducing pain and swelling. A packet of frozen peas wrapped in a tea towel works well as an ice pack. Leave the peas in place for no more than 20 minutes at a time. This can be repeated several times a day.

Pain relief: Simple painkillers (like paracetamol) or non-steroidal anti-inflammatory drugs, NSAIDS, (like ibuprofen) are available over the counter and can be very effective but don't use them for more than 2 weeks without seeking medical advice. If you are currently taking any form of medication it is advisable to consult your GP or pharmacist before taking additional pain relief.

Exercises: Please try the following exercises as indicated, but stop if they cause you any problems.

It is usually best to try between 10-20 repetitions of the range of motion exercises and 5-10 sets per day as able.

It is advisable to start with a lower number of repetitions and sets and gradually build up over a few weeks.

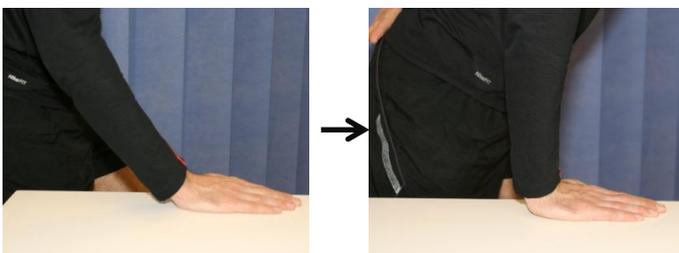
The stretching exercises are best performed 3-5 repetitions and 3 sets per day. A good stretch does not need to be painful. You only need to stretch as far as discomfort to be effective.

Strengthening exercises are best performed 10-30 repetitions and 3 sets per day as able.

It is also advisable to start with a lower number of repetitions and sets and gradually build up over a few weeks with strengthening exercises.

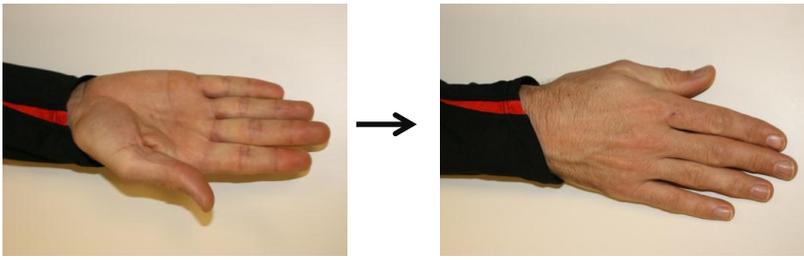
Range of Movement Exercises

1. Wrist Extension with Hand on Table



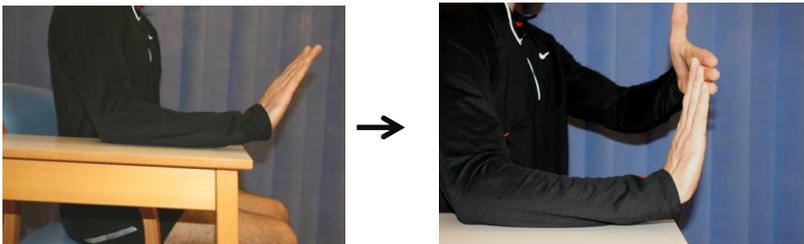
Stand side on to a table with your hand palm down on the table. Walk forwards keeping your palm flat on the table (as demonstrated) feeling a stretch in your wrist. Hold for 5 seconds and relax. Switch hands if necessary and repeat as able.

2. Supination/Pronation



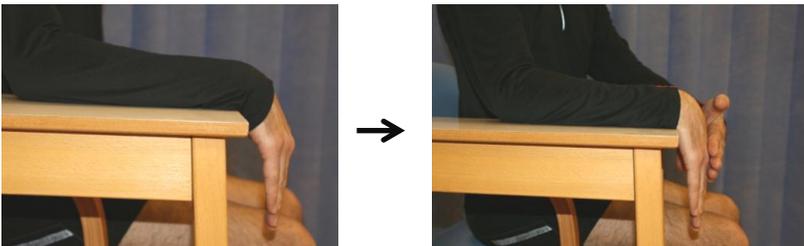
Sit with your arm by your side and your elbow bent to 90°. Rotate your forearm so that your palm faces up, and then down. Switch arms if necessary and repeat as able.

3. Wrist Extension over edge of Table



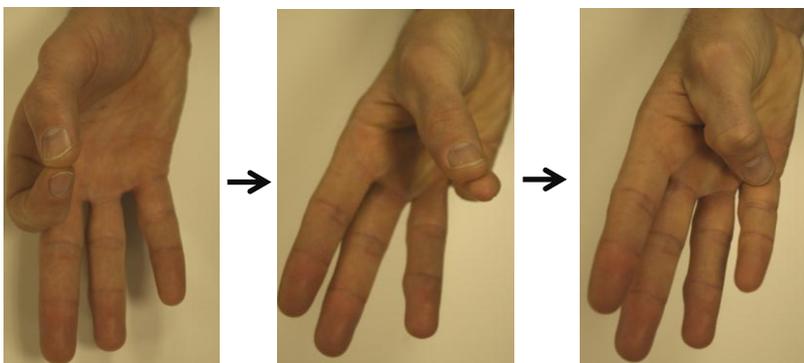
Sit with your forearm resting on a table, palm facing down, and your hand hanging over the edge of the table. With your free hand, bend the wrist up as far as possible. Hold for 5 seconds then relax. Switch hands if necessary and repeat as able.

4. Wrist Flexion over edge of Table



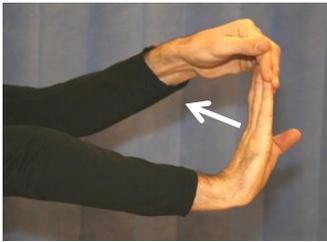
Sit with your forearm resting on a table, palm facing down, and your hand dangling over the edge of the table. With your free hand, bend the wrist down as far as possible. Hold for 5 seconds then relax. Switch hands if necessary and repeat as able.

5. Thumb Opposition



Move your thumb to touch the tip of each finger, aiming to stretch across to the base of your little finger. Switch hands if necessary and repeat.

6. Wrist Extension Stretch



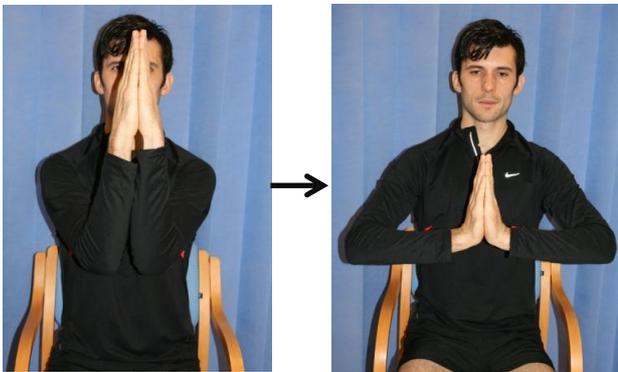
Sit or stand with your arm out straight in front of you, palm facing down. With your free hand, bend the wrist up as far as possible. Hold the stretch for 30 seconds.

7. Wrist Flexion Stretch



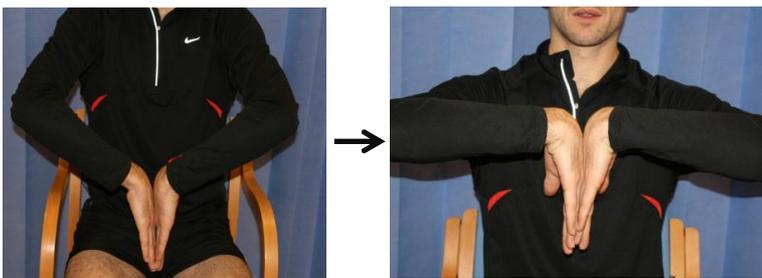
Sit or stand with your arm out straight in front of you, palm facing down. With your free hand, bend the wrist down as far as possible. Hold the stretch for 30 seconds.

8. "Prayer Stretch" (to increase Wrist Extension)



Place your palms and elbows together in front of you. Lower your hands, keeping the palms together but separating the elbows. Hold the stretch for 30 seconds.

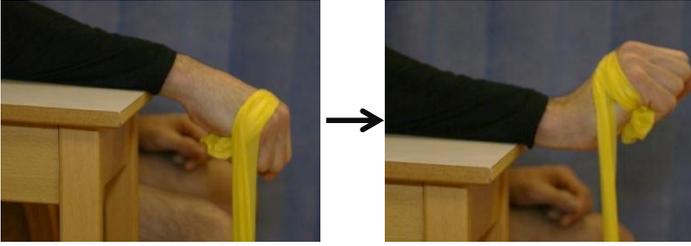
9. "Reverse Prayer Stretch" (to increase Wrist Flexion)



Place the back of your hands together as demonstrated in the picture. Raise your hands up, keeping the back of your hands together. Hold the stretch for 30 seconds.

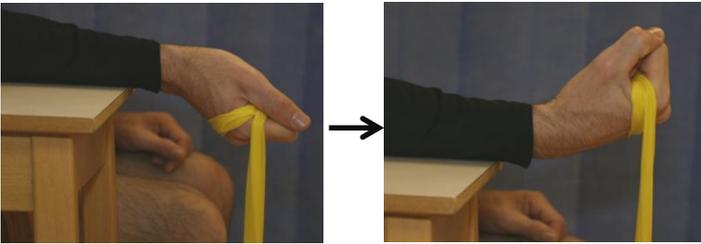
Strengthening Exercises

10. Wrist Extensor Strengthening with Resistance Band



Sit with your forearm resting on a table, palm facing down, and your hand dangling over the edge of the table. Hold onto one end of the resistance band, whilst the other end of the band is under your foot to fix that point. Pull up slowly against the resistance as far as comfortable (extend your wrist.) Slowly return to the starting position. Repeat as able.

11. Wrist Flexor Strengthening with Resistance Band



Sit with your forearm resting on a table, palm facing up, and your hand resting over the edge of the table. Hold on to one end of the resistance band, whilst the other end is under your foot. Now pull up against the resistance of the elastic as demonstrated in the picture, before slowly returning to the start position and repeating as able.