

Personal exercise program

Wrist Fracture Exercises

Pennine Acute Hospitals NHS Trust
Physiotherapy Department

Discomfort whilst doing your exercises is normal, as is discomfort for a short while afterwards.

If you continue to experience a marked increase in pain for longer than an hour after exercising, try reducing the repetitions or the weight you are using.



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Stand or sit. Forearms horizontally in front of you and palms together.

Push your palms together.

Hold 5 seconds.

Repeat 10 times.



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Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. Gently assist the movement with your other hand.

Hold 5 secs.

Repeat 10 times.



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Clasp your hands together and support your forearms on a table.

Put the back of one hand on the table and then turn your hands and put the back of the other hand on the table.

Repeat 10 times.



Grip Strength

Sitting or standing. Bend your elbow. Hold a grip strength ball/putty.

Bend your fingers and squeeze the ball. Relax.

Repeat 10 times.